

HEALTH & WELLNESS GUIDE FOR KIDS



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HELP PREVENT YOUR CHILD'S COLD

- Teach kids to avoid touching their eyes, nose, and mouth with unwashed hands.
- Have them wash their hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- Smart phones and tablets, like any other surface, may be a breeding ground for germs. Make sure to clean them.



PROVIDE RELIEF

- Make sure your child is drinking plenty of fluids and gets enough rest.
- A humidifier can help relieve a stuffy nose, break up mucus, and even soothe an irritated throat. Go for a cool mist — it's safest for kids.
- Prop their head up by using an extra pillow. This will help relieve congested nasal passages so your child can breathe easier.



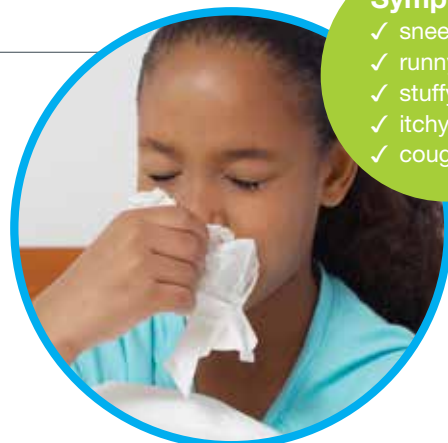
PROTECT YOUR CHILD

- Teach them their name, address, telephone number, and how to dial 9-1-1.
- Decide on a "safe word" with your child so that if plans change unexpectedly, your child knows who to trust.
- Children tend to trust strangers who know their name. Don't dress your child in clothing that has their name on it.

Q & A Answers at Walgreens™

What are the signs and symptoms of a cold?

Symptoms of a common cold usually appear about 1-3 days after exposure to a cold-causing virus and can last up to two weeks. Symptoms may include sneezing, runny or stuffy nose, itchy throat and coughing.



Symptoms:

- ✓ sneezing
- ✓ runny nose
- ✓ stuffy nose
- ✓ itchy throat
- ✓ coughing

COUGH & COLD SHOPPING LIST

- Children's cough & cold products, such as Triaminic® medicine
- Children's pain/fever reducer
- Pediatric saline sprays or drops
- Thermometer (and rubbing alcohol for thermometer cleaning)
- Vapor rubs (for children older than 2 years) and a cold mist humidifier
- Facial tissue
- Books, activities, movies, crayons and puzzles to help entertain your child



CHILD SAFETY INFORMATION CARD



Child's Name _____

Date of Birth _____

Blood Type _____

Height _____ Weight _____

Eye Color _____ Hair Color _____

Identifying Marks _____

Allergies _____

Recording your child's fingerprints is important.

Why? Fingerprints are unique and do not change overtime like appearances.

How to make a good set of prints:

1. Clean fingers with soap and water.
2. Press child's finger into inkpad.
3. While holding child's finger rigid, press finger over proper chart location.



Good Print



Bad Print

| Right Thumb | Right Index | Right Middle | Right Ring | Right Little |
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