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INFANT'S COLD & CONGESTION

These are some helpful tips to alleviate noisy breathing and stuffy noses for your infants:

- **Leave the window partially opened at nights** – even in the very cold winter, this will add much humidity to the room. Try to leave the window 1-2 inches open. Make sure that your child won't be able to exit through the window.
- **Nose Drops** – 4 drops of saline (you can purchase these over the counter – AYR saline or generic brands) or 4 drops of breast milk in each nostril. Your baby will make a few choking sounds, but will benefit from a drier nose later.
- **Steam Showers** – 5-10 minutes of steam shower (you can have the baby rest in the car seat while a sibling or parent showers). Do not do this if your baby has a severe heart condition.
- **Cool mist humidifier** – are dangerous. They can spread dangerous molds and germs. Try to avoid using cool and warm humidifiers.
- **When to see the doctor** – call to make an appt if your infant has **fever** or is not **drinking / feeding** properly. If they are **breathing** faster than usual.
- **IF YOUR BABY IS SHORT OF BREATH TO THE POINT THAT SHE CAN NOT DRINK FROM A BOTTLE OR NURSE NICELY, SEEK IMMEDIATE MEDICAL ATTENTION – SHE MAY BE WHEEZING OR IN RESPIRATORY DISTRESS!**

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