



For your child suffering from a fever, a cold, or the flu

Brought to you by the maker of

**Children's
Advil**

Use as directed.

Pfizer Consumer Healthcare, the maker of Infants' Advil® and Children's Advil®, cares about you and your family and wants to ensure you have all the information you need to care for your child suffering from a fever, a cold, or the flu.

This brochure will provide you with helpful information and tips on how to care for your child and provide comfort during a fever, a cold, or the flu. As always, you should contact your healthcare professional with any questions or concerns.



Starting from scratch— how sick is your child?

Positive signs that your child may not be as sick as you think:

- Is still interested in playing
- Is eating and drinking well
- Is alert and smiling at you
- Has a normal skin color
- Looks well when his/her temperature comes down

Signs that you should call your doctor:

- Is experiencing discomfort
- Is vomiting
- Is not drinking
- Is not sleeping well
- Has a fever over 104°F (40°C) that has not improved 2 hours after taking fever medicine
- Has a very bad headache
- Experiences constant diarrhea

A question in the mix—why do children seem to get so many colds?

Actually, a child will probably experience more colds and upper respiratory infections than any other illness. In fact, it is common for children to catch 8 to 10 colds within the first 2 years of their lives. And, if your child is in day care or attends school, it is more likely that he or she will catch more colds than if not. It may ease your mind to know that many colds go away by themselves and do not lead to anything worse.



The main ingredient— helping your child feel better

For fever

- Don't overbundle your child. In fact, dressing your child in light clothes may help body heat to escape
- A lukewarm bath may also help lower a fever
- Giving your infant or child the appropriate dose of Infants' Advil® or Children's Advil® (depending on your child's weight and age) can help bring down fever and relieve pain

For a stuffy nose

- Did you know that saline (saltwater) nose drops can help thin nasal discharge? Simply place a few drops into each nostril followed by a gentle bulb suction. Ask your doctor what saline drops would be appropriate for your child
- Using a cool-mist humidifier or vaporizer in your child's room can help moisten the air and clear your child's nasal passages
- For children 4 years of age and older, decongestants are excellent over-the-counter options to relieve a stuffy nose



For chest congestion

- Something as simple as chest physical therapy can help loosen your infant's or child's mucus. Lay your child across your knees, face down; cup your hand, and gently tap your child's back. This also works if your child sits on your lap with his/her body leaned forward about 30 degrees while you gently tap on the back
- A cool-mist humidifier or vaporizer can also help relieve your child's chest congestion
- For children 4 years of age and older, an expectorant is also an excellent over-the-counter option to relieve chest congestion

For a cough

- For a cough, a key ingredient is honey. It is sometimes given alone, or can be found in some cough products —It is not safe to give honey to babies younger than 1 year old
- If your child is older than 4 years, cough drops or lozenges can help soothe his/her throat. Remember not to give more drops than directed on the package, and do not give them to a child younger than 4 years
- For children 4 years of age and older, an antitussive is an excellent over-the-counter option to relieve cough

A recipe for prevention—helping to keep your child safe from future colds and the flu

Hand washing alone can be a simple way to help protect your child and yourself from exposure to germs. In fact, washing hands frequently and well can lower the chance of both you and your child getting sick.

Here is a good hand-washing method to teach your child:

- Wash hands with warm water—not too hot or too cold
- Always use soap
- Wash hands for at least 20 seconds (about as long as it takes to sing the “ABC song”)
- Always wash fingernails
- Make sure to rinse all the soap off
- Always dry hands thoroughly

Other ingredients to help prevent future illness include

- Work with your child’s doctor to make sure your child is up to date on all vaccines
- Avoid touching the nose, eyes, and mouth
- Cover the nose and mouth with arm (not hands) while coughing or sneezing

Add a pinch of serenity—staying calm while your child is sick can make a difference

A recent literature review has shown that fever and pain in your child could be a significant source of anxiety for you. This, in turn, may lead to increased anxiety for your child and an increased perception of pain, which may make treatment more difficult.

By reducing your own anxiety, your child’s anxiety may also be reduced, which in turn, can aid in the recovery process. The more facts you know about a fever, a cold, or the flu, the more calm you may be when comforting your sick child.



The ingredient for comfort— Children's Advil®: Relief you can trust

Did you know that nothing reduces fever faster* or keeps it down longer than Children's Advil®?† Children's Advil® also provides up to 8 hours of relief. You can also feel confident knowing that Children's Advil® is both safe and effective when used as directed.

It is important to remember:

- Always read and keep the cartons for complete warnings and information on Infants' Advil® and Children's Advil® products
- Always use the dosing device that comes packaged with the medicine
- Adult strength medicines should not be administered to children

*Based on reducing fever below 100°F.

†Among leading OTC pain relievers/fever reducers.

Advil® is available in the following formulations for your infant or child:



Use as directed.

Infants' Advil® (ages 6-23 months)

Fever reducer, relieves minor aches and pains due to the common cold, flu, headaches, and toothaches

Available in Dye-Free White Grape.



Use as directed.

Children's Advil® (ages 2-11 years)

Fever reducer, relieves minor aches and pains due to the common cold, flu, sore throat, headaches, and toothaches

Available in Fruit, Grape, and Blue-Raspberry flavors.

Dosing Diary

This dosing diary makes it easy for you to keep track of your child's dosing schedule. Use this dosing diary to ensure you are providing appropriate dosing to your child.

Fever temperature: ____ °F before administering medicine

Date:	Time:
Medication:	Dose:

Fever temperature: ____ °F before administering medicine

Date:	Time:
Medication:	Dose:

Fever temperature: ____ °F before administering medicine

Date:	Time:
Medication:	Dose:

Fever temperature: ____ °F before administering medicine

Date:	Time:
Medication:	Dose:

Fever temperature: ____ °F before administering medicine

Date:	Time:
Medication:	Dose:

Fever temperature: ____ °F before administering medicine

Date:	Time:
Medication:	Dose:



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