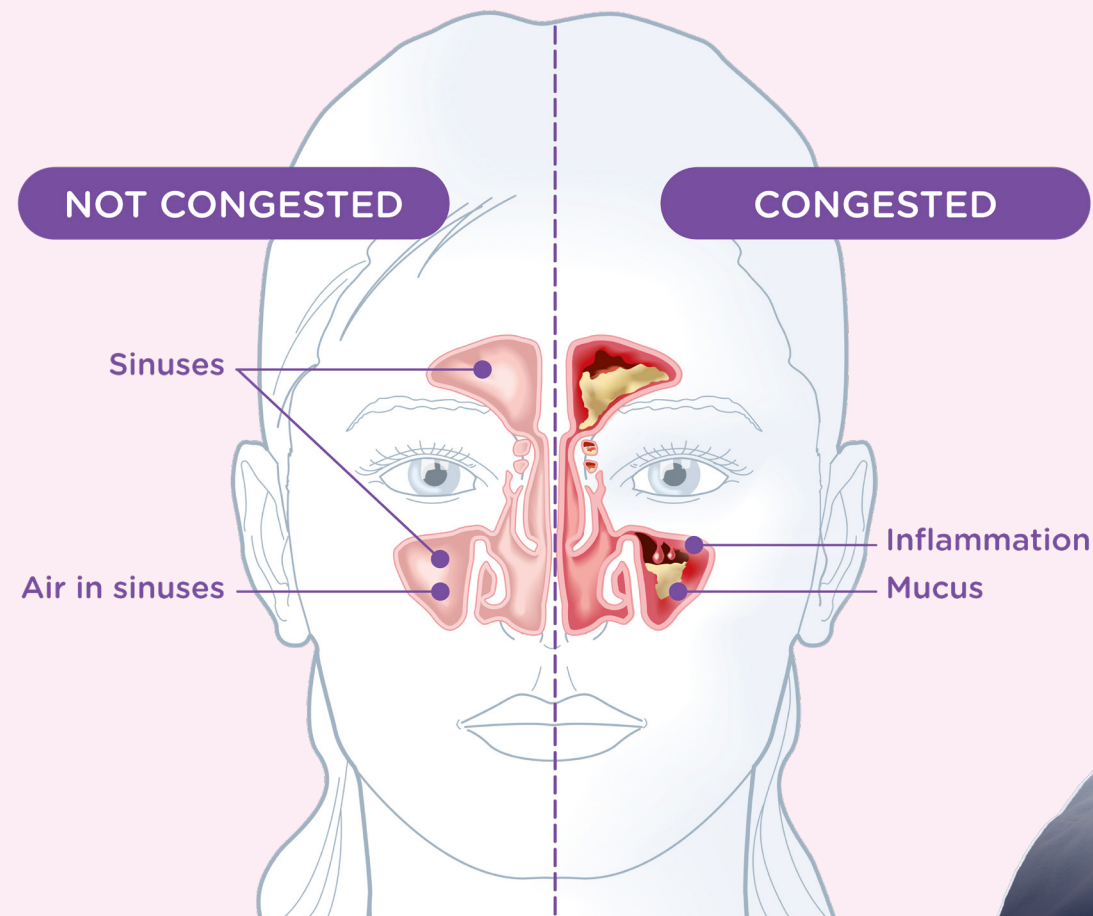


UNDERSTANDING YOUR CHILD'S BLOCKED OR STUFFY NOSE

Children's sinuses and nasal passages grow over time

So even a small amount of inflammation or extra mucus from a cold or allergies can make them feel blocked.

● Nasal cavity ● Frontal sinus ● Maxillary sinus



Infants and toddlers may have a runny or snotty nose and be fussy or have trouble feeding

Older children may also describe facial pain or pressure as frontal sinuses grow

Talk to your doctor about appropriate options to relieve your child's nasal congestion

- ✓ **Nasal saline** is a non-medicated option to effectively clear mucus.
Suitable for all ages, including newborns.



- ? **Antibiotics** are only useful for bacterial infections, but make little difference to relieving nasal symptoms
- ? **Antihistamines** and/or **intranasal corticosteroids** may be prescribed for allergies
- ✗ **Decongestants** or other cold medicines should not be given to children aged under 6 years

**Breathe
easier,
naturally**