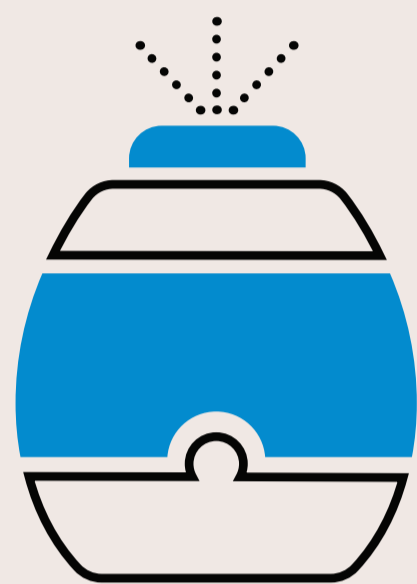


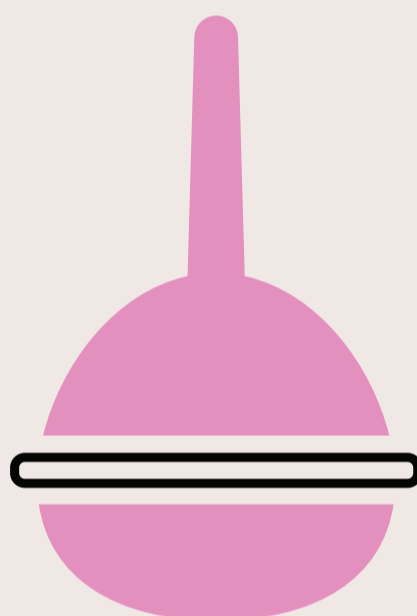
# 6 home remedies to treat the flu in kids



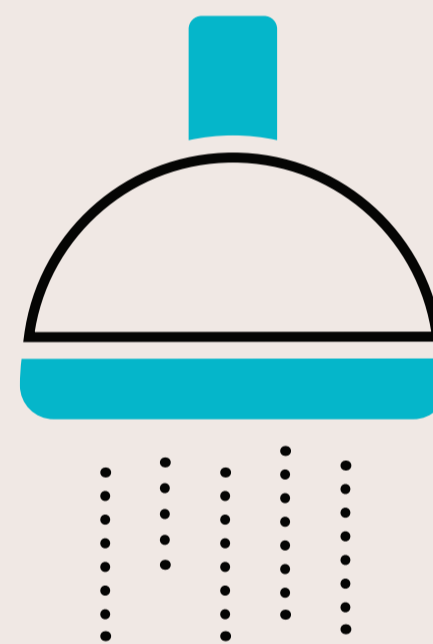
Soothe a sore throat  
with a cool mist  
humidifier



Give a child older than 1 year a  
teaspoon of honey at night  
before they brush their teeth



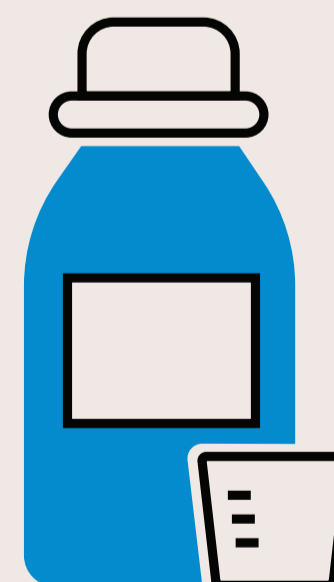
Bulb suction a child's  
nose if they are younger  
than 2 years old



Have your child breathe in  
steam from a bath or  
shower to loosen mucus



Give lots of warm fluids if your  
child is older than 6 months



Avoid cough and cold  
medications

children'shealth<sup>®</sup>

Visit [childrens.com/flu](https://www.childrens.com/flu) to learn more.