

How to prevent cough in children

Cough is a common disease in young children especially when weather changes. Illnesses that are left untreated can adversely affect children's health. Here is how to prevent childhood cough that parents know to ensure their children's health.

Cough is the most common disease in young children when the weather changes. Illnesses that are left untreated can adversely affect children's health.

The best way to ensure health for children is that parents should be proactive as well as guidelines to prevent children from coughing.

Wash your hands often

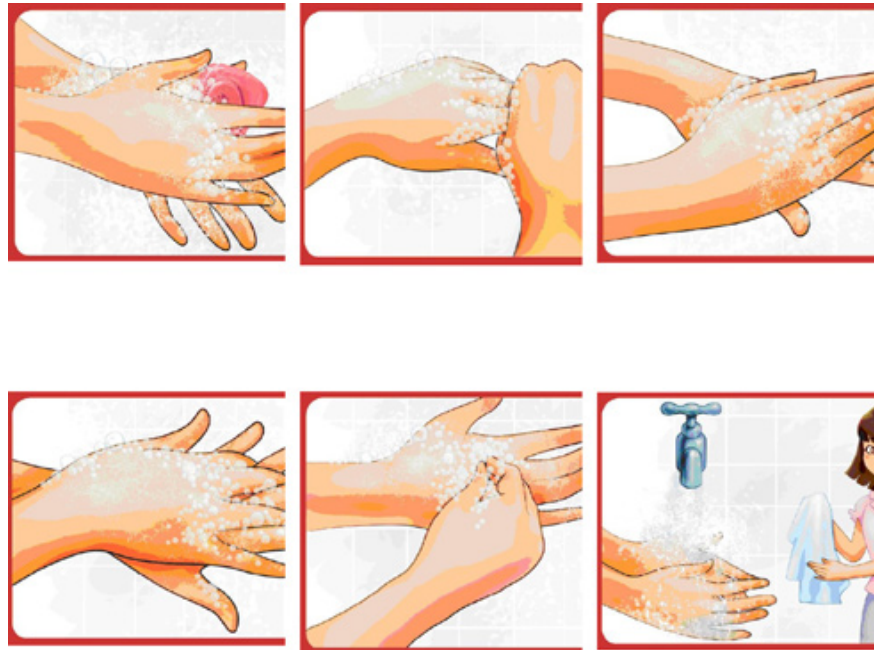
The pathogens easily penetrate into the body when children hold onto the object and then put their hands on their mouth, eyes, and nose. Therefore, frequent hand washing is a simple way to prevent the spread of viruses, pathogenic bacteria and cough symptoms. Children need to wash their hands with soap after using the toilet, before meals, changing diapers .



Guiding children to wash their hands with soap properly:

1. Wet your hands with water and then take soap and rub your palms together.
2. Rub this palm on the mu and the outside of the other hand's fingers then change hands.
3. Rub 2 palms together, squeeze the interstitial fingers firmly.

4. Rub the outside of this hand's fingers into the other palm.
5. Use this hand to rotate the thumb of the other hand and vice versa.
6. Turn these fingertips into the other hand and vice versa. Wash your hands under running water and dry your hands.



Each step is performed 5 times and the total time for hand washing is at least 30 seconds.

Vaccination vaccine - flu vaccine

This is an effective measure to 96 - 97% to prevent flu. Children aged 6 months can become vaccinated every year at hospitals or preventive health centers.

Rest when sick

When a child has a cough, parents should leave their children at home to rest for about 2, 3 days to improve their health and prevent spreading to friends at school.

Cover your nose and mouth



If the child coughs, parents should teach children to cover their nose and mouth when coughing and wearing a mask when in crowded places to avoid spreading cough to others.

Ideally, parents should teach children how to cough and sneeze into a tissue or handkerchief. After using the tissue, neatly put it in the trash, the new handkerchief needs to be replaced after 4 hours to avoid the formation of dangerous bacteria.

If there is no paper or a baby towel, cough into the elbow, avoid covering your mouth with your hands when coughing, causing germs to spread to others when contacting through hands.

Clean the space

If there is a sick person in the house, the baby items are exposed to a lot such as phones, computers, remote controls, computers, door handles, tables and chairs, toilets need to be cleaned. Isolate baby from sick people, avoid: sleeping together, kissing, holding .

Improve resistance for children

