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## Management tips for the common cold

There are no very effective treatments for the common cold but antibiotics certainly do not help and definitely cause harm.<sup>1</sup> In short:

1. Lower expectations - advise that any cough may last for up to 4 weeks.
2. Taking regular paracetamol as needed may be helpful.
3. Avoid over the counter cough medicines - (probably not effective).
4. Vapour Rub on children's chests may help with cough for those aged 2 to 11.<sup>2</sup>
5. Decongestants such as oral pseudoephedrine (need a controlled drugs form in NZ) and nasal xylometazoline 0.1% are probably effective (neither are subsidized).
6. Honey works for some coughs in children; 1 tsp for one to five-year-olds.
7. Ipratropium nasal spray is effective for rhinitis.

References:

1. Antibiotics for the common cold and acute purulent rhinitis, Cochrane Library 2013. [Click here](#)
2. Vapor Rub, Petrolatum, and No Treatment for Children With Nocturnal Cough and Cold Symptoms 2010. [Click here](#)

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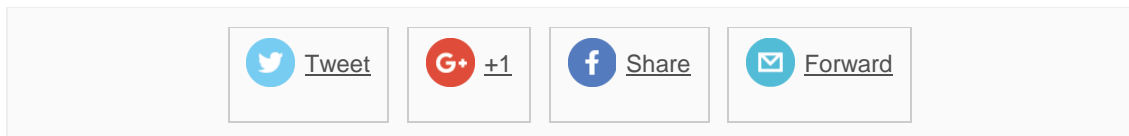
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