

## Otrivine, honey and Vicks VapoRub for children with URTIs

Cold symptoms in children can last two or more weeks.<sup>1</sup>

Otrivine can be helpful for nasal congestion, honey can be helpful for cough (avoid if under 12 months of age), and Vicks VapoRub or similar topical ointments can help with nasal congestion and improve sleep.

Reference:

1. [Colds and runny noses with Associate Professor Mark Thomas](#) Antibiotic Conservation Aotearoa

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