

Beat that cold: Tips for at home
Matt Sheehan | Media Relations Coordinator
Broadcast Script

INTRO:

RUNNY NOSES – SORE THROATS – AND COUGHS ARE BACK IN SEASON.
FOR PARENTS – IT’S A YEARLY DANCE WITH KIDS AT SCHOOL AND FAMILY GATHERINGS THE
HELP SPREAD GERMS... COLDS AND VIRUSES.

TAKE VO

SINCE IT’S IMPOSSIBLE FOR EVERY PERSON TO AVOID THIS – HOW CAN WE MINIMIZE THE
SEVERITY OF YOUR SYMPTOMS? THAT WHERE’S DR. KIMBERLY WALKER... A FAMILY MEDICINE
PHYSICIAN AT OSF HEALTHCARE... COMES IN WITH SOME HELPFUL ADVICE. FIRST – IS
STARTING WITH ZINC LOZENGES WITHIN 24 HOURS OF YOUR SYMPTOMS. SHE SAYS THIS WILL
INHIBIT THE AMOUNT OF THE VIRUS THAT’S GETTING INTO YOUR CELLS AND BODY. SHE ADDS
THAT VICK’S VAPORUB IS A GOOD OPTION FOR KIDS AND ADULTS TO HELP YOU BREATHE AND
SLEEP EASIER.

TAKE SOT

“In children we want to make sure they’re well hydrated. Make sure they’re drinking plenty of
fluids, particularly water and not sugar beverages. For any body aches or fevers they may have,
given them Tylenol,” Dr. Walker says. “You can also do children’s Motrin, and cycle that with the
Tylenol. Usually those are weight-based dosing, so make sure you know how much your child
weighs and pay attention to the directions on the medication boxes.”

VO TAG

ANOTHER OPTION THAT HAS SOME HEALTH BENEFITS? CELERY. DR. WALKER SAYS CELERY CAN
HELP NUMB THE BACK OF THE THROAT AND HELP WITH SORE THROATS.

VO/SOT #2

RUNNY NOSES – SORE THROATS – AND COUGHS ARE BACK IN SEASON.
FOR PARENTS – IT’S A YEARLY DANCE WITH KIDS AT SCHOOL AND FAMILY GATHERINGS THE
HELP SPREAD GERMS... COLDS AND VIRUSES.

TAKE VO

SINCE IT’S IMPOSSIBLE FOR EVERY PERSON TO AVOID THIS – HOW CAN WE MINIMIZE THE
SEVERITY OF YOUR SYMPTOMS? THAT WHERE’S DR. KIMBERLY WALKER... A FAMILY MEDICINE
PHYSICIAN AT OSF HEALTHCARE... COMES IN WITH SOME HELPFUL ADVICE. FIRST AND
FOREMOST – HAND HYGIENE IS KEY. REMIND YOUR KIDS TO COUGH INTO THEIR SLEEVE AND
NOT INTO THIN AIR... SPREADING VIRAL PARTICLES AROUND. FOR BABIES – MEDICINE ISN’T
ALWAYS AN OPTION. DR. WALKER OFFERS SOME ADVICE FOR CAREGIVERS TO PROVIDE
COMFORT TO INFANTS WITH A COLD.

TAKE SOT

“The biggest thing is going to be nasal irrigation with saline and making sure their airways are clear of mucus,” Dr. Walker says. “Really suctioning and getting those airways clear is very important for them.”

VO TAG

OVER-THE-COUNTER OPTIONS LIKE ZINC LOZENGES CAN HELP INHIBIT THE VIRUS... BUT YOU HAVE TO TAKE IT WITHIN THE FIRST 24 HOURS OF HAVING SYMPTOMS. YOU CAN ALSO USE DECONGESTANTS TO HELP YOU BREATHE BETTER. DR. WALKER SAYS AFRIN IS A GOOD OPTION – BUT REMINDS THAT YOU CAN ONLY TAKE AFRIN FOR 3 DAYS. SHE SAYS FLONASE IS A POPULAR OPTION AT THE PHARMACY – BUT STUDIES HAVE SHOWN FLONASE HELPS MORE WITH ALLERGIES THAN IT DOES WITH THE COMMON COLD.