

Coughing out germs? Natural remedies for kids



“coughing out germs”

Recently a 6-year-old patient handed me this drawing of “a person coughing out germs.”

The artwork reminds us that a [cough](#) can be a good thing. A cough dislodges mucus from the airway and can help prevent pneumonia.

However, coughs can spread germs and make kids feel plenty uncomfortable. And, frustrating for parents, [many over-the-counter medicines are not recommended for kids](#).

Looking for natural remedies for kids? [Look no further than](#)

[your kitchen.](#)

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