



Other Ways To Relieve Cold When Breastfeeding



Acetaminophen

Acetaminophen (paracetamol) is considered safe for lactating mothers and helps relieve body aches, headaches, and fever

Resting and staying warm

May help you recover faster



Drink a lot of fluids and warm drinks

Warm soups can help relieve the symptoms of cold



Steam inhalation

Helps clear a stuffy nose



Saltwater gargles

Soothes sore throat



Use a humidifier

Use a cool-mist humidifier to moisten nasal passages and ease discomfort



Reference

- 1 The Do's and Don'ts of Easing Cold Symptoms; Johns Hopkins Medicine