

Tips For Moms On Managing Sore Throat While Nursing



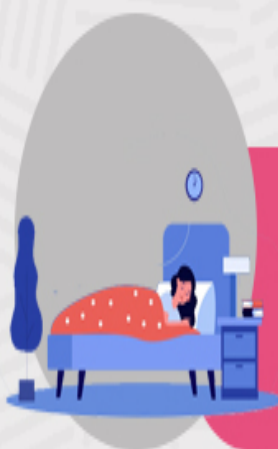
Wear protective clothing in cold weather

Avoid allergen exposure and consuming cold foods



Have ample ventilation and maintain cleanliness at home

Install a humidifier to retain moisture in your room



Sleep well and practice voice rest

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