

Colds, Flu, and, Cough

- Upper Respiratory Infection
 - Nasal steams: over a pot of water with towel over head
 - Nasal saline rinses
 - Decongestant- For Sudafed see the Pharmacist
 - Afrin nasal spray- DO NOT EXCEED 3 DAYS
 - Antihistamine such as Claritin/loratadine or Zyrtec/cetirizine for allergy symptoms
- Cough
 - Hydrate with water: to thin sticky, thick mucus
 - Hot tea with honey, lemon with hot water, hot soup
 - Mucinex DM/Robitussin DM: for sticky, thick mucus and cough
 - Cough drops
- Pharyngitis/Sore throat
 - Salt water gargles
 - Hot tea with honey, hot soup
 - Lozenges
 - Alternate Ibuprofen and Tylenol for pain as needed
- Fever/Aches
 - Tylenol/Ibuprofen/Aleve as needed

Remember: REST AND PLENTY OF HYDRATING FLUIDS!!!

- When to call the doctor
 - Temperature above 101.0F
 - Symptoms lasting over 2 weeks