FOR UPPER RESPIRATORY INFECTIONS (URI)

* Stay home and rest, especially while you have a fever
* Do not smoke or vape nicotine or marijuana and avoid all secondhand smoke
* Drink plenty of fluids especially if you have a fever (ie water, fruit juices and clear soups). Chicken soup and other warm fluids can be soothing
* Do not drink alcohol or caffeinated beverages (coffee, energy drinks, etc)
* Prop yourself up when in bed (helps with throat irritation & nasal congestion)
* **KEEP YOUR GERMS TO YOURSELF!!** Don’t share drinking glasses, towels, pillows, kisses, etc. with anyone else while you are ill!! And don’t forget to cover your cough (best to cough into the crook of your elbow)!
* **WASH YOUR HANDS FREQUENTLY!!** Cold germs are passed along most often by contaminated hands. Hand sanitizers with foaming benzalkomium chloride are better than alcohol based

FIRST LINE OVER-THE-COUNTER MEDICATIONS FOR URI

| **Medication** | **Dose** |
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| Fatigue, body aches, sore throat | \*NSAID’s such as ibuprofen (Advil, Motrin) or naproxen (Aleve)\*Acetaminophen (Tylenol, Paracetamol) – never exceed 4,000mg in 24 hrs from all sources (many combo cold medicines have acetaminophen)\*Avoid aspirin for anyone 20 years old or younger |
| Sore Throat | \* Gargle with warm salt water (Mix ½ teaspoon salt with 8oz warm water & GARGLE)\* Throat sprays, lozenges, ice chips may also help relieve pain |
| Nasal congestion, “Stopped up” nose | \*Decongestant: pseudoephedrine or Afrin nasal (Afrin max use 3days)\*Nasal saline spray (salt water) 2 x/day (OceanSpray, Simply Saline)\*Acetaminophen may help |
| Runny nose | Nasal saline gel for irritated or bloody nose |
| Cough | \*Honey 2 teaspoons at bedtime\*Cough medication does not appear to be helpful in studies. |
| Voice loss or cracking | No medicine will help your voice come back sooner. Resting your voice is the only thing that will help. |

URI Facts

* There are over 200 viruses that cause the common cold
* Colds last on average one week; for an individual that time can be 2 days to 2 weeks
* Adults average 2-4 colds/year

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| SEE A HEALTHCARE PROVIDER IF:* A high, prolonged fever (above 101.3 degrees or lasting longer than 5 days)
* Symptoms that last for more than 10 days or get worse instead of better
* Trouble breathing, shortness of breath or wheezing
* Pain or pressure in the chest
* Fainting or feeling like you are about to faint
* Confusion or disorientation
* Severe or persistent vomiting
* Severe pain in your face or forehead
* Hoarseness, sore throat or a cough that aren’t improving after 10 days
* Severe headache. If combined with neck pain and/or vomiting go to the ER
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| **Complementary & Alternative Medicine Products** |
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| Zinc lozenges (no nasal spray) if started within 72 hoursVitamin C – No benefit after symptoms have started |
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| **How do I prevent getting sick?** |
| Good hand washing!!SleepVitamin C – minor impact on decreasing duration of illness but must have been taking for at least a month prior to symptom onset (decreases illness duration by 8%) |