

# Cold Self Care Center Remedies and Checklist

| Symptom:                | Use home remedies if:  | Seek medical help if:  | Home Remedies:   |
|-------------------------|--|--|--|
| <b>Runny Nose</b>       | <input type="checkbox"/> symptoms have been occurring for < 2 weeks<br><input type="checkbox"/> nasal discharge is clear or white<br><input type="checkbox"/> nasal discharge is green or yellow in the morning but becomes clear, white, or dries up later in the day           | <input type="checkbox"/> symptoms continue for > 2 weeks<br><input type="checkbox"/> nasal discharge is yellow, green, or bloody for > 3 days<br><input type="checkbox"/> you experience increasing facial pain                                      | <ul style="list-style-type: none"> <li>• Stop smoking</li> <li>• Use salt water drops as directed (see recipe below)</li> <li>• Drink plenty of fluids</li> <li>• Use steam, such as a vaporizer, hot shower, or a pan of hot water</li> <li>• Place warm washcloths on your forehead and cheeks to loosen sinus congestion</li> </ul> |
| <b>Sore Throat</b>      | <input type="checkbox"/> symptoms have been occurring for < 2 weeks<br><input type="checkbox"/> you do not experience pain when swallowing<br><input type="checkbox"/> you do not have a fever<br><input type="checkbox"/> you have not been in recent contact with Strep throat | <input type="checkbox"/> symptoms continue for > 2 weeks<br><input type="checkbox"/> you experience pain when you swallow and have swollen glands and/or fever<br><input type="checkbox"/> you have had recent contact with Strep throat             | <ul style="list-style-type: none"> <li>• Gargle 4-6 times a day with salt water</li> <li>• Suck hard candy or throat lozenges</li> <li>• If nasal drainage is irritating to the throat, use salt water nose drops</li> </ul>   |
| <b>Hoarseness</b>       | <input type="checkbox"/> symptoms have been occurring for < 2 weeks  | <input type="checkbox"/> symptoms continue for > 2 weeks   | <ul style="list-style-type: none"> <li>• Rest your voice; do not whisper</li> <li>• Try not to cough</li> <li>• Suck on hard candy</li> <li>• Sip water</li> <li>• Use steam inhalation to moisturize your throat</li> </ul>   |
| <b>Dry Cough</b>        | <input type="checkbox"/> you are not coughing up yellow, green, brown, or bloody sputum<br><input type="checkbox"/> you do not have a fever  | <input type="checkbox"/> you cough up yellow, green, brown, or bloody sputum for > 3 days<br><input type="checkbox"/> you have a fever >100° F<br><input type="checkbox"/> you have a heavy tight chest<br><input type="checkbox"/> you are wheezing | <ul style="list-style-type: none"> <li>• Stop smoking</li> <li>• Suck on hard candy or lozenges</li> <li>• Use steam inhalation to moisturize your throat</li> <li>• Try the cough suppressant dextromethorphan</li> </ul>   |
| <b>Productive Cough</b> | <input type="checkbox"/> symptoms have been occurring for < 2 weeks<br><input type="checkbox"/> your coughing does not produce a thick, yellow, or greenish sputum   | <input type="checkbox"/> symptoms continue for > 2 weeks<br><input type="checkbox"/> coughing produces a thick, yellow, or greenish sputum for > 3 days<br><input type="checkbox"/> you are wheezing   | <ul style="list-style-type: none"> <li>• Stop smoking</li> <li>• Use steam</li> <li>• Drink plenty of fluids</li> <li>• Use a cough syrup with an expectorant</li> </ul>   |
| <b>Plugged Ears</b>     | <input type="checkbox"/> symptoms have been occurring for < 2 weeks<br><input type="checkbox"/> you do not experience pain or discharge from the ear   | <input type="checkbox"/> symptoms continue for > 2 weeks<br><input type="checkbox"/> you experience pain or discharge from the ear   | <ul style="list-style-type: none"> <li>• Use salt water nose drops (see recipe below) If drops do not help, try pseudoephedrine (Sudafed) as directed</li> </ul>   |
| <b>Fever</b>            | <input type="checkbox"/> your fever is < 100° F<br><input type="checkbox"/> your fever did not begin after the 3 <sup>rd</sup> day of your cold  | <input type="checkbox"/> your fever is > 100° F for >3 days<br><input type="checkbox"/> a fever > 100° F begins after the 3 <sup>rd</sup> day of your cold   | <ul style="list-style-type: none"> <li>• Drink plenty of fluids</li> <li>• Take ibuprofen (Advil) or acetaminophen (Tylenol) if fever is 100° F for &gt; 3 days</li> </ul>   |

**Salt-water nose drop recipe:** Boil 1 cup of water and let it cool to room temperature. Add 1/4-teaspoon of table salt and put the solution in a dropper or spray bottle. Apply 2-3 drops or squirt spray 4 times a day, as needed. Blow your nose gently after applying. Make a new solution every 7 days. Saline nasal spray can be purchased over-the-counter at any pharmacy or drug store.

# The Do's and Don'ts of COLD and FLU PREVENTION

| <b>Do:</b>   | <b>Don't:</b>  |
|--|--|
| <ul style="list-style-type: none"> <li>⇒ Wash your hands often with soap and hot water for at least 30 seconds</li> <li>⇒ Cover your mouth and nose with a tissue when sneezing or coughing</li> <li>⇒ Maintain a regular exercise schedule</li> <li>⇒ Get plenty of rest</li> <li>⇒ Eat a balanced diet</li> <li>⇒ Drink 8-10 glasses of water a day</li> </ul> | <ul style="list-style-type: none"> <li>⇒ Touch your eyes, mouth, or nose</li> <li>⇒ Share food, eating utensils, drinking glasses, pens and pencils, towels, and other personal items</li> <li>⇒ Keep an irregular sleeping schedule</li> <li>⇒ Reuse or share water bottles</li> <li>⇒ Use tobacco products</li> <li>⇒ Go to work or school if you are sick</li> <li>⇒ Have prolonged contact with others who are sick</li> </ul> |

## Non-Prescription Pain Relievers

[The use of aspirin is not recommended by the Student Health Center.]

|                                       | <b>Acetaminophen<br/>(For pain &amp; fever)</b>   | <b>Ibuprofen, Naproxen<br/>(For pain, fever, &amp; Inflammation)</b>  |
|---------------------------------------|---|---|
| <b>Particularly effective against</b> | <ul style="list-style-type: none"> <li>• Simple headaches, aches/pains due to colds, muscle stiffness, or toothaches</li> <li>• Sprains, will relieve pain but not inflammation when used the first 2-3 days</li> </ul>                             | <ul style="list-style-type: none"> <li>• Simple headaches, aches/pains due to colds, arthritis, toothaches, or muscle stiffness</li> <li>• Superior relief of menstrual cramps</li> <li>• Sprains</li> </ul>  |
| <b>Warnings</b>                       | <ul style="list-style-type: none"> <li>• Don't use if you have an alcohol problem or a liver or kidney disease</li> <li>• Use only in prescribed doses</li> <li>• Do not use in pregnancy unless instructed by your health care provider</li> </ul> | <ul style="list-style-type: none"> <li>• Don't use if allergic to aspirin</li> <li>• Ask your health care provider about taking these drugs if you have an ulcer</li> <li>• Do not use in pregnancy unless instructed by your health care provider</li> </ul>   |
| <b>Possible Side Effects</b>          | <ul style="list-style-type: none"> <li>• Skin rash</li> <li>• Liver damage may result from high doses over long periods of time</li> </ul>  | <ul style="list-style-type: none"> <li>• Nausea, dizziness, rash</li> <li>• Interference with antihypertensive drugs and diuretics</li> <li>• Stomach upsets, but less likely to cause than aspirin</li> <li>• Ringing in the ears (from high doses)</li> </ul> |
| <b>Selecting a Drug</b>               | <ul style="list-style-type: none"> <li>• Effective in reducing less severe pain and fever</li> </ul>  | <ul style="list-style-type: none"> <li>• Superior relief of menstrual cramps</li> <li>• Alternative for people whose stomachs are irritated by aspirin</li> </ul>   |

### What about antibiotics?

Antibiotics are used to inhibit the growth of bacteria and are not effective against viral infections. Antibiotics should only be taken when prescribed for a specific infection. In order to achieve the maximum effectiveness, complete the entire prescription, do not stop taking the antibiotic when your symptoms are relieved. Improper use of antibiotics encourages bacteria to develop resistance to these drugs and eventually the antibiotics will no longer be effective.