# Cold Self Care Center Remedies and Checklist

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Use home remedies if:</th>
<th>Seek medical help if:</th>
<th>Home Remedies:</th>
</tr>
</thead>
</table>
| Runny Nose | □ symptoms have been occurring for < 2 weeks  
□ nasal discharge is clear or white  
□ nasal discharge is green or yellow in the morning but becomes clear, white, or dries up later in the day | □ symptoms continue for > 2 weeks  
□ nasal discharge is yellow, green, or bloody for > 3 days  
□ you experience increasing facial pain | • Stop smoking  
• Use salt water drops as directed (see recipe below)  
• Drink plenty of fluids  
• Use steam, such as a vaporizer, hot shower, or a pan of hot water  
• Place warm washcloths on your forehead and cheeks to loosen sinus congestion |
| Sore Throat | □ symptoms have been occurring for < 2 weeks  
□ you do not experience pain when swallowing  
□ you do not have a fever  
□ you have not been in recent contact with Strep throat | □ symptoms continue for > 2 weeks  
□ you experience pain when you swallow and have swollen glands and/or fever  
□ you have had recent contact with Strep throat | • Gargle 4-6 times a day with salt water  
• Suck hard candy or throat lozenges  
• If nasal drainage is irritating to the throat, use salt water drops |
| Hoarseness | □ symptoms have been occurring for < 2 weeks | □ symptoms continue for > 2 weeks | • Rest your voice; do not whisper  
• Try not to cough  
• Suck on hard candy  
• Sip water  
• Use steam inhalation to moisturize your throat |
| Dry Cough | □ you are not coughing up yellow, green, brown, or bloody sputum  
□ you do not have a fever | □ you cough up yellow, green, brown, or bloody sputum for > 3 days  
□ you have a fever > 100° F  
□ you have a heavy tight chest  
□ you are wheezing | • Stop smoking  
• Suck on hard candy or lozenges  
• Use steam inhalation to moisturize your throat  
• Try the cough suppressant dextromethorphan |
| Productive Cough | □ symptoms have been occurring for < 2 weeks  
□ your coughing does not produce a thick, yellow, or greenish sputum | □ symptoms continue for > 2 weeks  
□ coughing produces a thick, yellow, or greenish sputum for > 3 days  
□ you are wheezing | • Stop smoking  
• Use steam  
• Drink plenty of fluids  
• Use a cough syrup with an expectorant  

| Plugged Ears | □ symptoms have been occurring for < 2 weeks  
□ you do not experience pain or discharge from the ear | □ symptoms continue for > 2 weeks  
□ you experience pain or discharge from the ear | • Use salt water nose drops (see recipe below) If drops do not help, try pseudoephedrine (Sudafed) as directed |
| Fever | □ your fever is < 100° F  
□ your fever did not begin after the 3rd day of your cold | □ your fever is > 100° F for >3 days  
□ a fever > 100° F begins after the 3rd day of your cold | • Drink plenty of fluids  
• Take ibuprofen (Advil) or acetaminophen (Tylenol) if fever is 100° F for > 3 days |

**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

<table>
<thead>
<tr>
<th><strong>Do:</strong></th>
<th><strong>Don’t:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>⇒ Wash your hands often with soap and hot water for at least 30 seconds</td>
<td>⇒ Touch your eyes, mouth, or nose</td>
</tr>
<tr>
<td>⇒ Cover your mouth and nose with a tissue when sneezing or coughing</td>
<td>⇒ Share food, eating utensils, drinking glasses, pens and pencils, towels, and other personal items</td>
</tr>
<tr>
<td>⇒ Maintain a regular exercise schedule</td>
<td>⇒ Keep an irregular sleeping schedule</td>
</tr>
<tr>
<td>⇒ Get plenty of rest</td>
<td>⇒ Reuse or share water bottles</td>
</tr>
<tr>
<td>⇒ Eat a balanced diet</td>
<td>⇒ Use tobacco products</td>
</tr>
<tr>
<td>⇒ Drink 8-10 glasses of water a day</td>
<td>⇒ Go to work or school if you are sick</td>
</tr>
<tr>
<td></td>
<td>⇒ Have prolonged contact with others who are sick</td>
</tr>
</tbody>
</table>

Non-Prescription Pain Relievers
[The use of aspirin is not recommended by the Student Health Center.]

<table>
<thead>
<tr>
<th>Non-Prescription Pain Relievers</th>
<th>Acetaminophen (For pain &amp; fever)</th>
<th>Ibuprofen, Naproxen (For pain, fever, &amp; inflammation)</th>
</tr>
</thead>
</table>
| Particularly effective against  | • Simple headaches, aches/pains due to colds, muscle stiffness, or toothaches  
                                       • Sprains, will relieve pain but not inflammation when used the first 2-3 days |
| Warnings                        | • Don’t use if you have an alcohol problem or a liver of kidney disease  
                                       • Use only in prescribed doses  
                                       • Do no use in pregnancy unless instructor by your health care provider |
| Possible Side Effects           | • Skin rash  
                                       • Liver damage may result from high doses over long periods of time |
|                                 | • Nausea, dizziness, rash  
                                       • Interference with antihypertensive drugs and diuretics  
                                       • Stomach upsets, but less likely to cause than aspirin  
                                       • Ringing in the ears (from high doses) |
| Selecting a Drug                | • Effective in reducing less severe pain and fever |
|                                 | • Superior relief of menstrual cramps  
                                       • Alternative for people whose stomachs are irritated by aspirin |

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.