Cold and Sore Throat

SELF CARE GUIDE

SYMPTOMS:
• Sore throat
• Muscle aches
• Running or congested nose
• Cough
• Blocked or popping ears
• Fever
• Fatigue
• Post nasal drip
• Headaches

SORE THROAT CARE
• Gargle with warm salt water to help reduce swelling and relieve discomfort (1 tsp (5 g) of salt dissolved in 1 cup of warm water.)
• Sip warm chicken broth
• Try warm tea with lemon and honey, apple juice, Jell-O, or popsicles
• Take frequent small sips if it is painful to swallow

GENERAL THINGS TO MAKE YOU FEEL BETTER:
• Do not smoke or use other tobacco products and avoid secondhand smoke
• Use a vaporizer or humidifier in your bedroom
• Prevent dehydration, increase fluid intake
• Breathe in steam (hot shower)
• Rest as needed
• Nasal/Sinus Irrigation (Sinus Rinse®, NetiPot®) relieves sinus and nasal congestion and promotes drainage.

CONTACT HEALTH & WELLNESS SERVICES IF:
• Temperature is greater than 101 degrees Fahrenheit. Thermometers are available for purchase at the HWS pharmacy
• Your symptoms become more severe
• Your symptoms do not improve
• You have questions
• You feel you need to be seen by a medical provider
• 509-335-3575

ABOUT MEDICATIONS:
Many illnesses including “colds” are caused by viruses; antibiotics only affect bacteria, not viruses. To help relieve symptoms, many non-prescription medications are available in the HWS Pharmacy.

READ DIRECTIONS ON NON-PRESCRIPTION MEDICATIONS TO ENSURE:
• Correct dosing
• Awareness of any warnings related to the non-prescription medication
• Possible interactions with the medications you take on a daily basis
• Possible interactions with any health conditions you may have.
# Over the Counter Cold and Flu Medications-Ingredients

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<th>Medication</th>
<th>Intent</th>
<th>Effective?</th>
<th>Description</th>
<th>Examples</th>
<th>Precautions</th>
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<tr>
<td>Phenylephrine (oral)</td>
<td>• Nasal decongestant (stuffy nose, ear pressure)</td>
<td>No</td>
<td>Most of drug is metabolized in gut before it enters bloodstream. Studies show only minimal effect on nasal congestion.</td>
<td>• Dayquil</td>
<td>• May cause increased heart rate</td>
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<tr>
<td>Pseudoephedrine</td>
<td>• Nasal decongestant (stuffy nose, ear pressure)</td>
<td>Yes</td>
<td>Leads to constriction of blood vessels in nasal passage, leading to less mucus production.</td>
<td>• Sudogest • Loratadine D • Mucinex D</td>
<td>• May cause increased heart rate, sleep disturbance, elevated blood pressure</td>
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<tr>
<td>Guaifenesin</td>
<td>• Loosen cough and nasal secretions</td>
<td>Maybe</td>
<td>Loosens mucus and secretions so cough is more effective.</td>
<td>• Mucinex • Robitussin</td>
<td>• May cause headache or nausea</td>
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<tr>
<td>Dextromethorphan</td>
<td>• Suppression of cough</td>
<td>Yes</td>
<td>Studies have shown benefit in cough reduction at doses of 20-30 mg.</td>
<td>• Robitussin DM • Delsym • Mucinex DM • Dayquil and Nyquil</td>
<td>• Drowsiness • A weak narcotic, potential for abuse</td>
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<tr>
<td>Antihistamines: Diphenhydramine Bropheniramine Loratadine Chlorpheniramine Doxylamine</td>
<td>• Nasal decongestant • Allergies (runny nose, skin reactions)</td>
<td>Yes</td>
<td>Blocks histamine receptors, leading to less “leakage” of fluid from blood vessels and therefore less mucus or swelling.</td>
<td>• Benadryl • Nyquil • Loratadine • Fenofexadine</td>
<td>• Most cause drowsiness • Dry mouth and eyes</td>
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<td>Oxymetazoline (nasal spray)</td>
<td>• Nasal decongestant</td>
<td>Yes</td>
<td>Causes blood vessels in the nose to shrink (vasoconstriction) which in turn means less mucus is produced.</td>
<td>• Afrin</td>
<td>• May cause nosebleeds • Using longer than 3 days can make congestion worse (rebound effect)</td>
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<tr>
<td>Ibuprofen Naproxen</td>
<td>• Pain reliever • Fever reducer • Anti-inflammatory</td>
<td>Yes</td>
<td>Reduces fever. Prevents production of molecules that lead to inflammation and pain.</td>
<td>• Advil • Motrin • Ibuprofen • Naproxen</td>
<td>• Can cause nausea, stomach/gastrointestinal bleeding</td>
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<tr>
<td>Acetaminophen NO MORE THAN 3 grams in 24 hours (10 regular strength or 6 extra strength pills)</td>
<td>• Fever reducer • Pain blocker</td>
<td>Yes</td>
<td>The body produces prostaglandins in response to an injury or illness. Acetaminophen reduces the pain by helping to block this signaling.</td>
<td>• Tylenol • MAPAP</td>
<td>• May cause rash, nausea, headache • Potential liver toxicity</td>
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