



## SYMPTOMS MAY INCLUDE:

- Sore throat
- Muscle aches
- Runny or congested nose
- Cough
- Blocked or popping ears
- Fever
- Fatigue
- Post nasal drip
- Headaches

## GENERAL THINGS YOU CAN DO TO MAKE YOURSELF FEEL BETTER:

- Rest and Increase your fluid intake
- If you smoke, stop smoking while ill
- Increase humidity in your living space (vaporizer/ humidifier)
- Breathe in steam (hot shower)

## ABOUT MEDICATIONS

Many illnesses including “colds” are caused by viruses; antibiotics only affect bacteria, not viruses. To help relieve symptoms, the following non-prescription medications are available in the Health Services Pharmacy.

### Pseudoephedrine (Sudafed-Genafed, etc.)

For ear, nose and sinus congestion and postnasal drip, this is the “non-drowsy” decongestant. If it keeps you awake do not take within 5-6 hours of bedtime. If you were able to purchase this without “signing” for it or showing your ID, you did not buy pseudoephedrine. The product is kept behind the pharmacy counter.

### Acetaminophen (Tylenol®etc.) or Ibuprofen (Advil®, Motrin IB®, Nuprin®, etc.)

For pain, fever, body/muscle aches, and headache.

### Acetaminophen 325 mg pills (regular strength)

2 tablets every 4-6 hours not to exceed 12 tablets in a 24 hour period.\*

### Acetaminophen 500 mg pills (extra strength)

2 tablets every 4-6 hours not to exceed 8 tablets in a 24 hour period.\*

### Ibuprofen 200 mg pills

1-2 tablets every 6 hours not to exceed 6 tablets in a 24 hour period. Ibuprofen should be taken with food to help avoid stomach irritation.

## SORE THROAT CARE

- Gargle with salt water several times a day for throat discomfort (1/4 teaspoon regular salt to 1/2 cup warm water)
- Sip warm chicken broth
- Try warm tea with lemon and honey, apple juice, gelatin, or sucking on flavored ice
- Take frequent small sips if it is painful to swallow
- Use cough drops, hard candy, or frozen popsicles for additional relief

### **\*\*IMPORTANT\*\***

Many multi-symptom medications such as Nyquil, Dayquil, Tylenol Cold and others contain several medications, including acetaminophen (Tylenol), or ibuprofen (Advil, Motrin), decongestants, and antihistamines. It is very important that you read the contents label to avoid overdosing yourself by using duplicate ingredients.

You should always “read the directions” on all non-prescription medications, including those listed here, 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.

\*Alcohol use of 2-3 drinks/day will lower the recommended dose of acetaminophen to a total of no more than 3000 mg/24 hour period.



**THE MEDICATIONS ON THE REVERSE SIDE OF THIS SHEET MAY BE TAKEN WITH THE MEDICINES LISTED HERE:**

**Guaifenesin (Robitussin®, Mucinex®, etc.)**

An expectorant to loosen phlegm (sputum) in the chest and make coughing easier.

**Saline nasal spray (Ocean®, Deep Sea®, etc.)**

To moisturize nasal passages. Use as needed.

**Nasal/Sinus Irrigation (Sinus Rinse®, NetiPot®)**

Relieves sinus and nasal congestion and promotes drainage.

**Oxymetazoline nasal spray (Afrin®, Sinex®, Genasal®)**

For nasal congestion. Use 1-2 times a day for no more than 3 consecutive days

**CONTACT HEALTH SERVICES IF:**

- Temperature is greater than 101 degrees Fahrenheit. Thermometers are available for purchase at the Health Services 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

**REMEMBER:**

**Wash your hands frequently and cover your mouth/nose with your sleeve when you sneeze or cough to help prevent the spread of germs and bacteria.**

**Contact a Health Services Triage Nurse at (603) 862-2856**

**If Health Services is closed, speak to a Triage Nurse at Wentworth-Douglass Hospital by calling (603) 862-1530**



**HEALTH SERVICES**

(603)862-2856 (during hours of operation) ■ (603) 862-1530 (after hours)

[www.unh.edu/health-services](http://www.unh.edu/health-services)