Sore Throat and Respiratory Symptom Self-care

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

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

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 of your living space with a vaporizer or humidifier
- Breathe in steam (hot shower)
- 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.

Contact Health & Wellness if:
- Temperature is greater than 101 degrees Fahrenheit. Thermometers are available for purchase at the Health & Wellness 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

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 Health & Wellness Pharmacy.

**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.

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.
**OVER THE COUNTER COLD AND FLU MEDICATIONS - INGREDIENTS**

<table>
<thead>
<tr>
<th>MEDICATION</th>
<th>INTENT</th>
<th>DOES IT WORK?</th>
<th>EXPLANATION</th>
<th>EXAMPLES</th>
<th>PRECAUTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phenylephrine (oral) Phenylephrine</td>
<td>Nasal decongestant-stuffy</td>
<td>Probably not</td>
<td>Most drug gets metabolized in gut before it enters bloodstream. Studies show only minimal effect on nasal congestion</td>
<td>Sudafed PE Dayquil</td>
<td>May cause increased heart rate</td>
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<tr>
<td>Pseudoephedrine</td>
<td>Nasal decongestant</td>
<td>yes</td>
<td>Leads to constriction of blood vessels in nasal passage, leading to less mucus production</td>
<td>Sudafed Claritin D Allegra D Nexafed</td>
<td>May cause increased heart rate, sleep disturbance, elevated blood pressure Need to ask for it from pharmacist</td>
</tr>
<tr>
<td>Guaifenesin</td>
<td>Loosen cough 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>
</tr>
<tr>
<td></td>
<td>Loosen nasal secretions</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<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>
</tr>
<tr>
<td>Antihistamines: Diphenhydramine</td>
<td>Nasal decongestant</td>
<td>For allergic reactions: yes For cold symptoms: probably not</td>
<td>Block histamine receptors, leading to less &quot;leakage&quot; of fluid from blood vessels and therefore less mucus or swelling</td>
<td>Benadryl Dimetapp Nyquil</td>
<td>Most cause drowsiness Dry mouth and eyes</td>
</tr>
<tr>
<td>Bropheniramine</td>
<td>Allergies (seasonal rhinitis and skin reactions)</td>
<td></td>
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<tr>
<td>Loratadine</td>
<td></td>
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<tr>
<td>Chlorpheniramine</td>
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<tr>
<td>Doxylamine</td>
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<tr>
<td>Oxymetazoline (nasal spray)</td>
<td>Nasal decongestant</td>
<td>yes</td>
<td>Causes shrinking of the blood vessels in the nose (vasoconstriction) which in turn means less mucus is produced</td>
<td>Vicks Sinex Afrin</td>
<td>May cause nosebleeds Using longer than 3 days can make congestion worse (rebound effect)</td>
</tr>
<tr>
<td>Ibuprofen</td>
<td>Pain reliever, fever reducer, antiinflammatory</td>
<td>Yes</td>
<td>Reduces fever Prevents production of molecules that lead to inflammation and pain</td>
<td>Advil and Advil products Motrin Store brands</td>
<td>Can cause nausea, stomach/gastrointestinal bleeding</td>
</tr>
<tr>
<td>acetaminophen NO MORE THAN 3 grams in 24 hours (10 regular strength or 6 extra strength pills)</td>
<td>Acetaminophen NO MORE THAN 3 grams in 24 hours (10 regular strength or 6 extra strength pills)</td>
<td>Yes</td>
<td>Reduces fever Blocks pain</td>
<td>Tylenol Anacin Store brands</td>
<td>May cause rash, nausea, headache Potential liver toxicity</td>
</tr>
</tbody>
</table>

**What’s In That Stuff?**
Dayquil Liquid: acetaminophen, dextromethorphan, phenylephrine
Dayquil Severe: acetaminophen, dextromethorphan, guaifenesin, phenylephrine
Nyquil: acetaminophen, dextromethorphan, doxylamine
Nyquil Severe: acetaminophen, dextromethorphan, doxylamine, phenylephrine
Alkaseltzer Plus Cold/Severe Cold/Day/Night: various formulations may contain acetaminophen, aspirin, guaifenesin, dextromethorphan, doxylamine, chlorpheniramine, phenylephrine, and/or pseudoephedrine

**CONTACT HEALTH & WELLNESS IF YOU HAVE ANY QUESTIONS OR CONCERNS.**
(603) 862-WELL (9355)