



Upper Respiratory Infection Symptom Management

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Symptom	Medications Non-prescription, aka "Over-The-Counter" (OTC)	Self Care	Additional Information
Sore Throat	Advil (Ibuprofen) (or Tylenol) 200-400mg every 6-8 hours	<ul style="list-style-type: none"> • Drink tea • Gargle salt water • Cough drops or lozenges 	Call UHS to talk with nurse to see if a <i>strep</i> test is appropriate for you
Fever	Tylenol (Acetaminophen) (or Advil) 500-1,000 mg every 6-8 hours	<ul style="list-style-type: none"> • Hydrate, rest • Take a luke-warm bath • Cold, wet cloth on forehead 	<ul style="list-style-type: none"> • Alternate <i>acetaminophen</i> with <i>ibuprofen</i> for additional relief • Call UHS to see if an <i>influenza</i> test is appropriate for you
Headache, Body Aches	Acetaminophen and/or Ibuprofen	<ul style="list-style-type: none"> • Hydrate • Rest 	
Dry Cough	Dextromethorphan Cough suppressant found in Delsym and Robitussin DM	<ul style="list-style-type: none"> • Hydrate • Rest • Cough drops 	Call UHS if you have difficulty breathing or cough becomes severe
Mucous Cough, Phlegm	Mucinex DM - contains: <ul style="list-style-type: none"> • Dextromethorphan (cough suppressant) and • Guaifenesin (expectorant; breaks up mucous) 		<ul style="list-style-type: none"> • <i>Cough suppressants and antihistamines</i> may make you drowsy • <i>Antihistamines</i> also help with sore throat, runny nose, and itchy/watery eyes
Congestion, Sinus Pressure	<ul style="list-style-type: none"> • Antihistamine "Allergy medicine": <ul style="list-style-type: none"> ◦ Benadryl (diphenhydramine) <i>Non-Sedating</i> <ul style="list-style-type: none"> ▪ Zyrtec (cetirizine) ▪ Allegra (fexofenadine) ▪ Claritin (loratadine) • Nasal decongestants: <ul style="list-style-type: none"> ◦ Sudafed (<i>pseudoephedrine</i>) ◦ Sudafed PE (<i>phenylephrine</i>) 		<ul style="list-style-type: none"> • Only take one <i>antihistamine</i> at a time per directions • <i>Nasal decongestants</i> may make you more alert