



Upper Respiratory Infection Symptom Management

Scan QR code to learn more:



| Symptom | Medications Non-prescription, aka "Over-The-Counter" (OTC) | Self-Care | Additional Information |
|-----------------------------------|--|---|--|
| Sore Throat | Acetaminophen (Tylenol) 325mg-650mg every 4 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 | and/or Ibuprofen (Advil) 400-600mg every 6 hours with food | <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 additional testing is appropriate for you |
| Headache, Body Aches | | <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) • Guaifenesin (expectorant; breaks up mucous) | | <ul style="list-style-type: none"> • <i>Cough suppressants and antihistamines</i> may make you drowsy |
| Congestion, Sinus Pressure | <ul style="list-style-type: none"> • Flonase or Nasacort (nasal steroids) - up to 2 sprays in each nostril daily • 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"> • <i>Antihistamines</i> also help with sore throat, runny nose, and itchy/watery eyes • Only take one <i>antihistamine</i> at a time per directions • <i>Nasal decongestants</i> may make you more alert | |

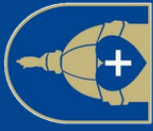


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