

# WHAT TO DO WHEN YOU HAVE A COLD (VIRUS)?



## What Is It?

- A viral infection of the upper respiratory system
- **Cannot be cured with antibiotics**
- Treatment aimed at relieving the symptoms and supporting your body's efforts to heal itself
- Symptoms may last up to 2-3 weeks

## Signs & Symptoms

- Stuffy Nose
- Runny Nose – may be yellow/green
- Cough
- Sneezing
- Watery Eyes – may also be red, itchy, burning, & crusted
- Sore Throat
- Headache
- Fatigue
- Body Aches
- Low Grade Fever (99-102F)

## What Will Help Your Stuffy Nose?

- Decongestants that contain **Pseudoephedrine** (found behind the counter at pharmacies)
- Saline Nasal Sprays
- Breathe steam by standing in a hot shower or use a vaporizer

## What Will Help Your Runny Nose, Sneezing, & Watery Eyes?

- Antihistamines (Benadryl, Claritin, Zyrtec)
- Over the counter eye drops
- Warm compresses for the eyes if they are red, itchy, burning & crusted

## What Will Help Your Cough?

- Cough syrups/tablets that contain both **Dextromethorphan** and **Guaifenesin** to help suppress a dry cough and loosen mucus

## What Will Help Your Sore Throat?

- Salt water gargle – gargle every 2 hours with a ½ teaspoon of salt dissolved in ½ cup warm water
- Throat lozenges & cough drops to moisten your throat
- Herbal tea with honey & lemon

## What Will Help Your Fever, Headache, and Body Aches?

- Pain Relievers – Acetaminophen (Tylenol), Ibuprofen (Advil)

## Seek Healthcare If...

- No improvement in 5-7 days
- Fever of 102F or higher for over a c
- Severe sinus pain
- Deep red, white-spotted sore throat
- Extreme thirst, dark urine, and infrequent urination – signs of dehydration

## How to Stay Healthy

- Wash hands frequently with soap at water and use hand sanitizers if soap and water are not available
- Eat a healthy diet
- Get at least 8 hours of sleep a day
- Drink at least 8 glasses of water or juice a day
- Exercise several times a week
- Keep your hands away from your mouth, nose, & eyes



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