

OVER-THE-COUNTER MEDICATIONS

With so many medications to choose from when you have a cold or flu, choosing the best product can be tough. Most cold symptoms can be relieved with over-the-counter (OTC) medications. Listed below are recommended OTC medications that may relieve some of your symptoms.

For Nasal Congestion:
Sudafed® (Pseudoephedrine)

For a Fever:
Advil® (Ibuprofen)
Tylenol® (Acetaminophen)

For a Sore Throat:
Advil® (Ibuprofen)
Extra Strength Tylenol® (Acetaminophen)
Cepastat Lozenges®

For a Cough:
Robitussin® (For productive coughs)
Robitussin DM® (For non-productive coughs)

Self-Care Kit for a Sore Throat

*To be prepared for that next cough,
include the following in your own
Cold Self-Care Kit.*

- Acetaminophen or ibuprofen
- Throat lozenges (with menthol, camphor, or benzocaine) and/or hard candy
- Salt (for salt water gargle)
- Thermometer
- Cool-mist vaporizer or humidifier

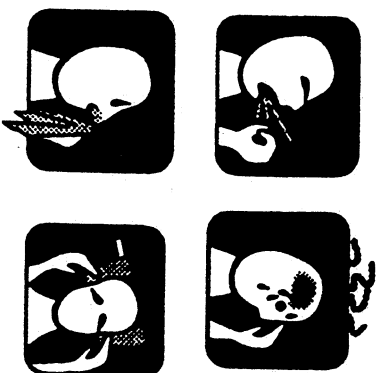
Reducing Your Chances -- of Catching A Cold or the Flu

- Cover your nose and mouth when sneezing or coughing.
- Wash your hands each time you touch your face.
- Discard your tissue after using it once.
- Avoid sharing towels, utensils, and cups.
- Avoid kissing.
- Eat a balanced diet.
- Get an adequate amount of sleep.
- Keep your stress level down.

*Brought to you by the Health Education and
Communications Unit of UHS*

Self-Care

For a SORE THROAT



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Adapted from UHS
University of Rochester

SORE THROAT

VIRAL SORE THROAT

Most sore throats are caused by a *viral* infection of the throat, tonsils, or nasal passages and are associated with a cold or the flu. A dry (nonproductive) cough and a lighter colored mucus are usually present. It is less likely to be accompanied by a fever than a bacterial sore throat. Most viral sore throats can be treated with self-care and do not require the attention of a health care provider. Antibiotics are ineffective for treating viral infections.

BACTERIAL SORE THROAT

Many sore throats are also caused by allergens or irritants. The other less common, but more serious, cause of sore throats are *bacterial* infections, such as strep bacteria. The throat appears very red with white or yellow patches or pus on the throat or tonsils and the tonsils and/or neck glands or lymph nodes are swollen. A fever higher than 101° F may be present. Sore throats caused by bacterial infections should be examined by a health care provider. They can be treated with antibiotics.

Symptoms of Strep Throat

- A sore throat that persists for 3-4 days.
- A fever of 101° or higher.
- Swollen glands in the neck.
- White or yellow patches on the tonsils or back of the throat.

SELF-CARE

FOR A MINOR SORE THROAT

- ✓ **Drink at least 6 to 8 glasses (8 oz.) of fluid a day.** This will replace fluids lost when you have a fever and will help loosen mucus secretions in your throat for a more productive cough. Warm beverages, such as tea with lemon, may help soothe your throat.

- ✓ **Gargle with warm salt water** (¼ tsp. in ½ cup warm water) every few hours. If you have postnasal drip, gargle frequently to prevent throat irritation.

- ✓ **Eat and drink cold foods and liquids,** i.e. popsicles and ice water.

- ✓ **Suck on a piece of hard candy or a lozenge** medicated with menthol, benzocaine, or camphor.

- ✓ **Avoid smoke, alcohol, and caffeine.** Both alcohol and caffeine can increase your likelihood of becoming dehydrated.

- ✓ **Use a cool-mist vaporizer or humidifier** in the room where you spend the most time. Steam from a hot shower or a pan of water placed near a heater will also increase the humidity.

- ✓ **Take acetaminophen (Tylenol®) or ibuprofen (Advil®)** as directed for pain or fever. Be sure to read and follow the dosage instructions. *Do not use aspirin.*

SEEK MEDICAL CARE IF . . .

- A fever of 101° F or higher with no other cold symptoms.
- White or yellow patches on your tonsils.
- A skin rash that occurs with your sore throat.
- Great difficulty swallowing or breathing.
- Hoarseness or enlarged lymph nodes that persist longer than ten days.
- Chills, a high fever, and cough up green or yellow mucus.
- A mild sore throat that has lasted more than two weeks.
- Been exposed to strep recently.