


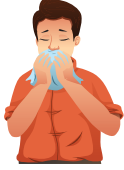


Treating Symptoms Caused by Respiratory Viruses

(for those age 13 and older)

If you have	✓	Use (active ingredient)	Such as (brand)	Comments
Aches, pain, fever 		Acetaminophen	Tylenol	Follow manufacturer's dosing instructions for age. Do not take more than 3,000 mg in 24 hours.
		Ibuprofen or Naproxen	Advil, Motrin Aleve	Follow manufacturer's dosing instructions for age.
Sore throat 		Throat lozenges	Cepacol Throat Lozenges	3 to 4 times daily.
		Throat spray	Chloraseptic Spray	3 to 4 times daily.
		Salt water gargle	Mix ½ to ¼ teaspoon salt with 8 ounces warm water.	3 to 4 times daily.
		Ice chips		
		Herbal tea or warm lemon water		
Cough 		Honey		2 to 3 tablespoons daily
		Vaporizer / humidifier		Clean after each use
		Menthol, camphor	Vicks Vapor Rub, Cough drops	
		Guaifenesin	Mucinex	Helps thin mucus
		Dextromethorphan	Robitussin, Delsym	Works about the same as honey
Stuffy nose 		Pseudoephedrine	Sudafed	
		Oxymetazoline nasal spray	Afrin, Zicam	Limit use to 1 to 2 times daily
		Saline nasal spray		
		Nasal / Sinus irrigation	Neti Pot	Use distilled water in Neti Pot
Allergy symptoms such as sneezing, runny nose, itchy eyes, post nasal drip		Fexofenadine, Loratadine, or Cetirizine	Zyrtec, Allegra, Claritin, Alavert	Non-drowsy antihistamines
		Diphenhydramine, or Chlorpheniramine	ChlorTabs, Chlor-Trimeton, Benadryl	Antihistamines that can cause drowsiness
		Fluticasone, Triamcinolone, or Budesonide	Flonase, Nasacort, Rhinocort	Steroid nasal spray

Other tips or instructions from your healthcare provider:

When using this checklist, remember to:

- Tell your doctor or pharmacist about all medicines you are taking and if you have other health problems like diabetes or high blood pressure.
- Acetaminophen [uh-see-tuh-MIN-uh-fen] is the active ingredient (main medicine) in Tylenol and is used in many other medicines. Too much acetaminophen can harm your liver. Don't take more than one medicine at a time that contains acetaminophen.
- Follow the instructions on the back of ALL medicines carefully.
- When you go to the store, you can find a medicine's active ingredient by looking at the "Drug Facts" panel on the back of medicine box or bottle (example below). If you have a hard time finding the medicine, ask a pharmacist for help.

Look on the back of the medicine; the active ingredient is found here



Drug Facts	
Active ingredient (in each tablet)	Purpose
Chlorpheniramine maleate 2 mg.	Antihistamine

How long will my symptoms last?

How long your symptoms last depends on your illness. In general you can expect the following:

- **Fever:** Can be 5 days or more (most often 2 to 3 days)
- **Sore throat:** Can be 9 days or more (most often 5 to 6 days)
- **Cough:** Can be 2 to 3 weeks (most often 7 to 14 days)
- **Congestion and runny nose:** Can be 2 weeks or more (most often 5 to 7 days)

If your symptoms last longer than this, call your healthcare provider for an appointment.

Call your doctor right away if you have:

- New severe pain
- Persistent or rising temperature
- Chest pain
- Coughing up blood (more than a streak)
- Difficulty breathing from the lungs
- Confusion or severe drowsiness
- Shaking/ chills