





Let's Talk About...

Treating Symptoms Caused by Colds, Covid, Flu, or Other Respiratory Viruses (for those 13 to 17 years old)

Here are some over-the-counter medicines and other ways to treat your teen's symptoms. Have your healthcare provider or pharmacist check the boxes for treatments that will work best for your child. Do not use if the box is not checked.

If you have	✓	Use (active ingredient)	Such as (brand)	Comments
Aches, pain, fever 		Acetaminophen	Tylenol	
		Ibuprofen	Advil, Motrin	
		Naproxen	Aleve	
Sore throat 		Throat lozenges	Cepacol Throat Lozenges	
		Throat spray	Chloraseptic Spray	
		Herbal tea		
Cough 		Guaifenesin	Mucinex	Helps thin mucus
		Dextromethorphan	Robitussin, Delsym	Cough suppressant
		Vaporizer/humidifier		Clean after each use
		Menthol	Vicks Vapor Rub, Cough drops	
Stuffy nose 		Phenylephrine or Pseudoephedrine	Sudafed	
		Oxymetazoline nasal spray	Afrin, Zicam	Do not use for more than 3 days
		Phenylephrine nasal spray	Neo-Synephrine	Do not use for more than 3 days
		Saline nasal spray		
		Nasal/Sinus irrigation	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
Combination Medications		Acetaminophen, Guaifenesin, and Phenylephrine	Multiple products available, check active ingredients	
		Acetaminophen, Guaifenesin, Phenylephrine and Dextromethorphan	Multiple products available, check active ingredients	
		Ibuprofen and Phenylephrine	Advil Sinus	
		Cetirizine and Pseudoephedrine	Zyrtec - D	
Other				

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.
- Try to use medicines that take care of only the symptoms you have right now. Some medicines treat many symptoms at once. Taking these when you don't have all of the symptoms can cause side effects.
- 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)

Chlorpheniramine maleate 2 mg.....

Purpose

Antihistamine

Other tips or instructions from your healthcare provider:

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 several 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
- Confusion or severe drowsiness
- Shaking / chills

Adapted from Atrium Health
atriumhealth.org/germs

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