

## COLDS

(COUGH/SORE THROAT/SWOLLEN GLANDS/  
RUNNY NOSE)

**Expected course:**

**Fever: 2-3 days**

**Cough: 2-3 weeks**

**Nasal Discharge 7-10 days**

### Specific Suggestions

Apply warm compress over painful glands or sinus, 4 times a day for 20-30 minutes. Cold compress or ice bag to the throat/glands as needed.

For dry, tickling coughs due to irritants, use cough lozenges or suck on hard candy.

For coughs that make you vomit, try eating smaller meals more frequently.

For chest pain due to cough, try a warm compress to the chest.

For sore throat pain, mix 1 part lemon juice and 2 parts honey, in warm tea and sip as needed. **OR**

Gargle with warm salt-water to reduce sore throat pain: (1/2 teaspoonful of salt in 8 ounces of warm water, 3 to 4 times a day).

Liquefy or eat a soft diet as needed for painful swallowing. Try cold beverages, milk, and high-protein shakes.

Increase warm fluids to 8- 10 glasses per day to help thin and loosen nasal secretions.

### General suggestions

Practice thorough hand-washing with soap and water, and dry with a clean towel.

Avoid close contact with others until symptoms disappear, to prevent spread of germs do not share food or drinks,. Avoid smoke, alcohol, fumes, chemicals or other irritants.

Balance your activities with adequate rest. Sleep with several pillows for comfort.

Practice good mouth care by brushing teeth frequently and using antiseptic mouthwash. Discard toothbrush afterward to prevent reinfection.

**HUMIDIFY AIR** to liquefy thick, sticky secretions

\*Use a cool mist humidifier or vaporizer. Clean daily with hot, soapy water and dry to prevent mold

**OR**

\*Place hot water in a sink, lean over and make a tent with a towel, and breathe steam. This will help coughing spasms!

**OR**

\*Use hot running water to steam bathroom, with door closed. Stay in steamy bathroom for 10-20 minutes to help moisten secretions. Will help coughing spasms!

**FEVER** (temperature over 100.4)

-Minimize clothing and maintain normal room temperature.

-Limit activities and rest as much as possible.

-Drink plenty of fluids to prevent dehydration.

-Monitor temperature if your symptoms change.

### MEDICATIONS

- For fever (over 100.4), pain, or inflammation:  
Acetaminophen (**Tylenol**): 1-2 tablets every 4 hours as needed **OR**  
Ibuprofen (**Motrin**): 1-2 tablets every 6 hours as needed **OR**  
Naproxen (**Aleve**): 220mg every 8-12 hours as needed **OR**  
**Aspirin**: 1-2 tablets every 4 hours as needed.  
Take with meals, milk, or antacids to prevent stomach irritation

**What are your symptoms what do you need to take:**

- DECONGESTANTS: are for stuffy nose,
- COUGH SUPPRESSANTS: are for cough induced by chemical or mechanical respiratory tract irritation.
- EXPECTORANTS are for dry, non-productive cough and the presence of mucus in the respiratory tract.
- ANALGESIC (P) - Pain, headache and fever associated with colds and infections.
- You will recover quicker if no cough or cold medicine is taken during the day and only at night for sleep!
- For thick secretions, use an expectorant (products designed to liquefy secretions) if not allergic or pregnant. Look for products containing **Guaifenesin** you may take 100-200mg every 4 hours as needed.
- If cough is interfering with normal activity, try a cough suppressants if not allergic or pregnant. Use with caution in the presence of chronic respiratory problems, if elderly or frail, if on anti-depressant medication, or if tendency toward constipation. Look for products containing the ingredient. **Dextromethorphan** may take 20-30 mg every 6-8 hours as needed. Throat or

cough lozenges may be helpful. For continuous coughing you can try **Benadryl (25mg)**: 1-2 tablets every 4-6 hours as needed. Benadryl is only helpful if symptoms are due to allergies or you are having SEVERE coughing spasms. May make you drowsy.

- Nasal/Head congestion: **Phenylephrine (10 mg)** 1 table every 4 to 6 hours not to exceed 4 doses daily. Use Saline nose drops 4-6 times a day. Do not use over the counter medicated nose sprays for more than 3 days, due to rebound congestion
- Do not drive if taking medications that may cause drowsiness.
- Unless directed by a DR., avoid antihistamines, as they dry and thicken secretions and may delay recovery.
- It is best to avoid combination products and use a single ingredient product.

If you have any of the following **WARNING SIGNS** please contact the Wellness Center or your Doctor!

- Barely able to fully open mouth or talk due to sore throat pain and hoarseness
- Chest pain and productive cough with bloody or pink frothy, green or yellow sputum
- Cough present for 3 weeks
- Dehydration (mouth dry and sticky, not urinated in 8 hours)
- Difficulty breathing / wheezing
- Discharge from ear canal
- Ear pain
- Fever longer than 3 days (Over 103F)
- Fever gone for 24 hours then returns
- Head congestion lasting longer than 10 days
- Inability to swallow or take fluids
- Interference with sleep or normal activity
- Lips turn blue when coughing
- Nausea and / or vomiting
- Passed out due to coughing
- Persistent hoarseness or sore throat
- Rapid breathing (over 20 breaths in a minute)
- Rash (looks and feels like a sunburn with goose bumps)
- Recent strep exposure
- Severe chest pain or chest pain present when not coughing
- Sinus pain / pressure (facial pain)

- Sore throat (constant) for 24 hours without other symptoms
- Sore throat (intermittent) for 3 days to 1 wk with cough or cold symptoms
- Sore throat with constant urge to swallow or difficulty swallowing
- Sores on skin
- Stiff neck
- Swollen or painful neck glands.
- Unable to open mouth completely
- Yellow scabs around nose
- Yellow, green, or brown nasal discharge longer than 10 days