



Over the counter recommendations from your provider

Viral infections can include:

- Colds
- Flu
- Most coughs
- Most bronchitis
- Runny noses
- Sore throat

How do I feel better?

- Drink fluids, but avoid caffeine and alcohol — water is nature's best way to clear mucus
- Get plenty of rest
- Don't smoke
- Use saline nose drops/spray

Antibiotics do not help if you have a viral infection

Taking antibiotics for viral infections will not:

- Cure the infection
- Keep other individuals from catching the illness
- Help you feel better

Medication recommendations:

Medications can help your symptoms and get you back on your feet. Your clinician suggests you take the following:

- Beta-agonist inhaler** for wheezing — will be a prescription from your clinician as prescribed.
- High-dose, episodic inhaled corticosteroids** for wheezing but not as a preventive therapy — will be a prescription from your clinician as prescribed.
- Acetaminophen** (commonly called “Tylenol®”) for pain, reduce inflammation, decrease the discomfort, or lower your fever. Take at the dosage of: _____
- Ibuprofen** can be more effective for pain, reducing inflammation, decreasing the discomfort, or lowering your fever if it’s greater than 101°F at the dosage of: _____
- Antihistamine** for helping some viral symptoms but could make you or your child sleepy.
- Oral decongestants or pseudoephedrine** including Sudafed® and others — watch for the “-D” at the end which suggests it contains a decongestant.
- Guaifenesin** helps thin the mucus and can help thin thick discolored drainage. Includes Robitussin®, Mucofen®, Mucinex®, Humibid LA® or Humibid-e®.
- Dextromethorphan** as a cough suppressant.
- Cough suppressants** Medications such as dextromethorphan (Vicks DayQuil Cough® and codeine) reduce coughing.

When to go back to your provider:

- Fever higher than 100.4 °F or lasts longer than 4 days or if it stays up despite using fever reducing medications like Tylenol and Ibuprofen
- Cough with bloody mucus
- Shortness of breath or trouble breathing
- Symptoms that last more than 3 weeks

References:

1. Centers for Disease Control (CDC), <https://www.cdc.gov/antibiotic-use/colds.html>, 7/1/21.
<https://www.cdc.gov/antibiotic-use/pdfs/VirusOrBacteria-Original-P.pdf>, 7/15/21.
2. Cleveland Clinic, <https://my.clevelandclinic.org/health/diseases/12342-common-cold>, 4/30/20.
3. <https://familydoctor.org/>, Acute Bronchitis, 2/25/21.
4. Drugs.com, <https://www.drugs.com/article/antibiotics-and-viruses.html>, 7/27/21.