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

SANFORD HEALTH PLAN
**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:**