



## 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<sup>®</sup>”) 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<sup>®</sup> 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<sup>®</sup>, Mucofen<sup>®</sup>, Mucinex<sup>®</sup>, Humibid LA<sup>®</sup> or Humibid-e<sup>®</sup>.
- Dextromethorphan** as a cough suppressant.
- Cough suppressants** Medications such as dextromethorphan (Vicks DayQuil Cough<sup>®</sup> 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. U.S. Centers for Disease Control and Prevention. (2024). Viruses or bacteria what’s got you sick? U.S. Centers for Disease Control and Prevention. Retrieved July 26, 2024 from <https://www.cdc.gov/antibiotic-use/pdfs/VirusOrBacteria-Original-P.pdf>
2. Cleveland Clinic. (2024). Common cold. Cleveland Clinic. Retrieved July 26, 2024 from <https://my.clevelandclinic.org/health/diseases/12342-common-cold>
3. Bailey, L. (November 2023). Acute bronchitis. Family Doctor. Retrieved July 26, 2024 from <https://familydoctor.org/condition/acute-bronchitis>
4. Anderson, L.A. (15 March 2024). Why don’t antibiotics kill viruses? Drugs.com. Retrieved July 26, 2024 from <https://www.drugs.com/article/antibiotics-and-viruses.html>
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