



UPPER RESPIRATORY INFECTION

General Instructions

SORE THROAT:

1. Tylenol or Advil, as directed.
2. Lozenges (example: Ricola throat lozenges).
3. Salt water gargle every 1 – 2 hours, as needed.
4. Warm herbal teas (try with honey and lemon).
5. Rest voice.

STUFFY OR CONGESTED NOSE:

1. Breathe steam for 5-10 minutes 4 times a day; as needed (you can drop eucalyptus or Vic's vapor in the water which promotes the opening of the nostrils).
2. Salt water nasal spray four times a day as directed (example: 'Ocean').
3. Afrin nasal decongestant spray, as directed. Do not use more than 3 days consecutively.

OR

Oral decongestants as directed (example: Tavist D, Sudafed)

*(***Consult with your physician if you have high blood pressure, diabetes or prostate problems)*

HEADACHE:

1. Tylenol or Advil, as directed.

DRY COUGH:

1. For your symptoms _____
2. Lozenges (example: Ricola throat lozenges).
3. Drink plenty of warm fluids.
4. Breathe steam for 5-10 minutes 4 times a day.

PRODUCTIVE COUGH:

1. For your symptoms _____
2. Breathe steam for 5-10 minutes 4 times a day.
3. Drink plenty of warm fluids.

IN GENERAL:

1. Get plenty of rest.
2. Attempt to alleviate any stress.
3. Avoid tobacco, alcohol, caffeine, dairy or sugars.
4. Drink plenty of fluids.
5. Select nutritional foods, especially green and deep yellow vegetables and fresh fruit.
6. If you are taking antibiotics, try eating active yogurt like Yoplait or Dannon, which may help your stomach tolerate the antibiotic and avoid a yeast infection.

REASONS TO NOTIFY YOUR PHYSICIAN:

1. Persistent fever more than 100°, productive cough, shortness of breath, chest pain, nausea and vomiting, inability to tolerate fluids.
2. No improvement after 72 hours or sooner if symptoms worsen.