

SELF CARE CHECK LIST FOR COLD, SORE THROAT, COUGH AND/OR ALLERGY

Positive answers to any of the following questions indicate that you should sign in to be seen during morning walk-in or call for an afternoon appointment.

Have you had a temperature of 100° or more on each of the last 3 days?	NO	YES
Do you have a severe headache not relieved by medication?	NO	YES
Do you have a rash?	NO	YES
Have you had a sore throat for longer than 3 days and is it getting worse?	NO	YES
Do you have chest pain, wheezing or any difficulty with breathing?	NO	YES
Are you coughing up thick, greenish, brown or blood-tinged mucous?	NO	YES
Do you have more than a mild earache?	NO	YES

If you have answered no to all of the questions above:

The following are suggestions on how to treat certain symptoms. These OTC medications are available at the BU Bookstore, local drug store, Target, Wal-Mart, and Wegmans. If your condition worsens or persists, you should sign in to be seen during morning walk-in (8 – 11 a.m.) or call for an afternoon appointment (1 – 4 p.m.). **Read & follow package insert instructions for side effects and drug interactions.**

<u>Symptoms</u>	<u>Suggested medications</u>
Do you have general body aches, chills, headache or fever?	Analgesic (acetaminophen/Tylenol, Ibuprofen/Advil/Motrin)
Do you have nasal congestion or runny nose?	Decongestant (pseudoephedrine/Sudafed or phenylephrine/PE)
Do you have a dry, hacky cough?	Expectorant (guaifenesin/Robitussin) Cough suppressant (dextromethorphan/DM)
Do you have a sore throat?	Analgesic (as above), cough drops, salt packets for gargling
Do you have allergies?	Antihistamines (diphenhydramine/Benadryl, loratidine/Alavert-Claritin, Cetrizine (Zyrtec)

(Please see other side for more information)

SELF CARE INSTRUCTIONS FOR COLDS, SORE THROAT AND COUGH

1. Drink 6 to 8 glasses of water daily.
2. Warm mist may help. Obtain a humidifier (change water daily), sit in a steam-filled bathroom for 20 to 30 minutes, or breathe through a thin, warm, wet washcloth placed over your nose and mouth.
3. Elevate the head of your bed to reduce coughing at night.
4. To soothe a cough mix ½ tsp lemon with ½ tsp honey or corn syrup (do not give honey to children under 1 year of age). During the day you can use lozenges, hard candy or chewing gum to reduce the frequency of your cough.
5. Drink warm lemonade, apple cider or tea to help soothe a cough.
6. Avoid irritants such as smoking, smog and chemicals.
7. Turn down the room heat, open windows, or go out into cooler air to help suppress your cough.
8. If congested, many suggest avoiding milk products.
9. Rest.
10. Use saline nose drops as needed for nasal congestion. Homemade saline drops may be made by mixing ¼ tsp regular table salt in ½ cup of warm water. Place three drops in each nostril and wait 1 minute, then attempt to gently blow your nose. Icy drinks may reduce swelling and congestion in the nose and throat.
11. Apply white petroleum jelly or A & D ointment to the irritated nasal openings.
12. To soothe your throat, gargle several times a day with warm water or warm saline solution (see above directions), sip warm chicken broth, or try frozen popsicles.
13. Use water to rinse red eyes and wipe with moistened cotton balls. Discard cotton ball after use in each eye.
14. Wash hands frequently, dispose of used tissues immediately, and cover mouth when sneezing or coughing.
15. Avoid contact with sick individuals.

(PLEASE SEE OTHER SIDE FOR MORE SELF CARE INFORMATION)