

## What are the symptoms?

- Fever
- Body aches
- Cough (may last 2 weeks or more)
- Congestion
- Fatigue
- Ear pain
- Sinus pain
- Sore throat
- Runny nose (may last 2 weeks)
- Headache

Antibiotics do not help viral illnesses.

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## How do I feel better?

- Get plenty of rest (at least 8 hours of sleep a day while you are sick).
- Drink plenty of fluid (fluids thin mucous and prevent dehydration which causes dizziness).
- You may want to try a humidifier ([www.humidifierhealth.org](http://www.humidifierhealth.org)) or cool mist vaporizer.
- Avoid smoking, second-hand smoke, and other pollutants (airborne chemicals or irritants).
- Take Tylenol 325mg-650mg every 6 hours for fever or pain, ibuprofen 400-600mg every 8 hours, or naproxen 220mg-440mg every 12 hours for fever or pain. **Do not exceed package insert recommendations on these medications.**
- Decongestants and saline nasal sprays may help relieve some symptoms. Remember to use over the counter products as directed on the product label. You should not take decongestants if you are on stimulant medication for ADD/ADHD, if you have a sleep disorder or high blood pressure.

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### Sore Throat

- Gargle warm salt water every hour (1 tsp salt in 8 ounces water).
- Ice chips, sore throat spray such as Chloraseptic, or sore throat lozenges. Use a clean humidifier or cool mist vaporizer.
- Take acetaminophen (Tylenol), ibuprofen, or naproxen to relieve pain or fever (see previous dose recommendations).

### Sinus Pain/Pressure

- Put a warm compress over the nose and forehead to help relieve sinus pressure.
- Use a nasal decongestant (Afrin) and/or saline nasal spray. Do not use nasal decongestant sprays for longer than 3 days. Oral decongestants (pseudoephedrine) may also be used unless you are on stimulant medication for ADD/ADHD, if you have a sleep disorder or high blood pressure.
- Breathe in steam from a bowl of hot water or shower.
- Take acetaminophen, ibuprofen, or naproxen to relieve pain or fever (see previous dose recommendations).

## ***Cough***

- Use a clean humidifier or cool mist vaporizer or breathe in steam from a bowl of hot water or shower.
- You may use an over-the-counter expectorant (Mucinex) or a cough suppressant (Delsym or Robitussin) to help relieve symptoms. **You must be 18 years old and have your driver's license to purchase some over-the-counter medications.**

## ***Headache/body aches***

- Take Tylenol, ibuprofen, or naproxen to relieve pain or fever (see previous dose recommendations).

## ***Over-the-Counter medications***

- Take medications as directed on the package insert.
- Do not use decongestants if you are taking stimulant medications or have high blood pressure.
- Please ask the pharmacist before taking over-the counter medications if you are on prescription medications of any kind or are taking herbal supplements.
- Do not drink alcohol with medications.
- If using a multi symptom medication (e.g. Tylenol Cough and Cold or Advil Cold and Sinus or NyQuil or DayQuil) ask the pharmacist before adding medications such as Tylenol and Ibuprofen, or other OTC medication.

## ***Ear Pain***

- Put a warm cloth over your ear that hurts.
- Take Tylenol/acetaminophen, ibuprofen, or naproxen to relieve pain (see previous dose recommendations).

## ***Runny Nose***

- Use antihistamine (Claritin/loratadine, Allegra/fexofenadine, Zyrtec/cetirizine) or saline nasal spray to help relieve nasal symptoms. You can also use a nasal decongestant like Afrin (oxymetazoline) for 3 days.



**(225) 578-WELL**



**studenthealth@lsu.edu**



**(888) 837-2271**