

WHEN SHOULD I CALL MY HEALTH CARE PROVIDER?

Children

- ▶ Noisy, rapid or difficult breathing
(seek medical attention immediately)
- ▶ Blue or gray around lips, mouth or fingernails
- ▶ Will not wake up easily
(seek medical attention immediately)
- ▶ Fever of 100.2 F (37.9 C) or higher rectally in child 2 months or less;
101 F (33.3 C) or higher if 3-6 months old; 103 F (39.4 C) or higher if older than 6 months
- ▶ Neck pain or stiffness
(seek medical attention immediately)
- ▶ Fever for more than 2 days
- ▶ Body rash
- ▶ Worsening pain in one or both ears
- ▶ Cannot keep fluids down or refuses to drink
- ▶ Infant with fewer wet diapers or no tears
- ▶ Continued vomiting
- ▶ Cold symptoms for more than 10 days
- ▶ Other symptoms that concern you

Adults

- ▶ Painful or difficult breathing, wheezing, or difficulty swallowing (seek medical attention immediately)
- ▶ Pregnant with cold symptoms
- ▶ Chronic lung problems or asthma
- ▶ Heavy smoker with cold symptoms
- ▶ Chronic illness
(such as diabetes or heart disease)
- ▶ Symptoms that worsen after 3 days
- ▶ Still sick after 10 days
- ▶ Pus in the back of your throat
- ▶ Fever for more than 3 days
- ▶ Severe headache with fever
- ▶ Worsening pain in one or both ears
- ▶ Severe sore throat pain without runny or stuffy nose

**YOUR BODY WILL FIGHT
A COLD ON ITS OWN.
COLDS CAN LAST LONGER
THAN TWO WEEKS.**

- Most colds, coughs, and sore throats are caused by viruses.
- Antibiotics do not kill viruses.
- As much as 50% of antibiotic use is unnecessary.
- Using antibiotics when they are not needed may harm you or your child by creating stronger germs.

**Wash your hands often with soap
and warm water to prevent the
spread of colds.**

**Ordinary soaps work, antibacterial
soaps are not needed. Alcohol hand
rubs work well when you don't have
access to running water.**



Developed by the Washington State Department of Health,
Tacoma-Pierce County Health Department and Washington
AWARE

Sources: Centers for Disease Control and Prevention,
American Academy of Family Physicians and Healthwise.

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WHAT CAN I DO

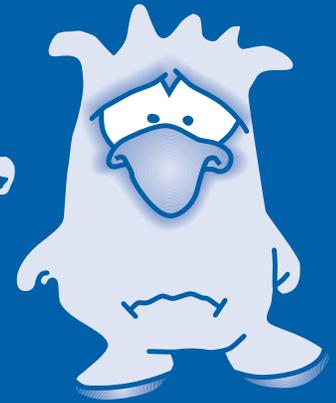
TO FIGHT A

COLD,

COUGH,

OR

SORE THROAT?



KNOW COMMON

SYMPTOMS AND

EFFECTIVE REMEDIES

SELF CARE FOR COLD SYMPTOMS

	Symptoms	Home Remedies	Non-Prescription	Generic Name	Common Brand Names
	Stuffy Nose	<ul style="list-style-type: none"> • steam inhalation • saline nose drops 	<ul style="list-style-type: none"> • decongestant—thins the mucus (read the label for a child's dose) 	<ul style="list-style-type: none"> • pseudoephedrine • phenylephrine 	<ul style="list-style-type: none"> • Sudafed • Congespirin/Neosynephrine
	Runny Nose	<ul style="list-style-type: none"> • for red, raw nose, dab on petroleum jelly or salve, or use tissues with lotion 	<ul style="list-style-type: none"> • antihistamine—dries you up (read the label for a child's dose) 	<ul style="list-style-type: none"> • diphenhydramine • chlorpheniramine • clemastine 	<ul style="list-style-type: none"> • Benadryl • Chlor Trimeton • Tavist
	Cough (dry-hacking)	<ul style="list-style-type: none"> • drink more water • use a room humidifier • gargle (warm salt water) 	<ul style="list-style-type: none"> • antitussive—helps stop the cough 	<ul style="list-style-type: none"> • dextromethorphan 	<ul style="list-style-type: none"> • Delsym
	Cough (moist)	<ul style="list-style-type: none"> • drink more water 	<ul style="list-style-type: none"> • expectorant—helps cough up germs 	<ul style="list-style-type: none"> • guaifenesin 	<ul style="list-style-type: none"> • Robitussin
	Sore Throat	<ul style="list-style-type: none"> • gargle (warm salt water) • don't smoke 	<ul style="list-style-type: none"> • throat lozenges • throat sprays 	<ul style="list-style-type: none"> • menthol • benzocaine 	<ul style="list-style-type: none"> • Cepacol • Spec T • Cepastat
	Fever/ Muscle Aches	<ul style="list-style-type: none"> • sponge bath • cool compress • rest in bed • heating pad on sore muscles • relaxation techniques 	<ul style="list-style-type: none"> • analgesic—pain-killer 	<ul style="list-style-type: none"> • acetaminophen • aspirin (adults over 20 only) • ibuprofen • naproxen 	<ul style="list-style-type: none"> • Tylenol • Anacin, Bayer, Bufferin, Econtrin • Motrin, Advil, Motrin IB, Nuprin • Aleve
	Watery Eyes/ Sneezing	<ul style="list-style-type: none"> • avoid things you are allergic to or that cause irritation 	<ul style="list-style-type: none"> • antihistamine—dries you up (read the label for a child's dose) 	<ul style="list-style-type: none"> • diphenhydramine • chlorpheniramine • clemastine 	<ul style="list-style-type: none"> • Benadryl • Chlor Trimeton • Tavist
			<ul style="list-style-type: none"> • decongestant—thins the mucus (read the label for a child's dose) 	<ul style="list-style-type: none"> • pseudoephedrine • phenylephrine 	<ul style="list-style-type: none"> • Sudafed • Congespirin/Neosynephrine
	Earache	<ul style="list-style-type: none"> • place a warm wash cloth or heating pad set on low against the sore ear • drink more water • rest 	<ul style="list-style-type: none"> • analgesic—pain-killer 	<ul style="list-style-type: none"> • acetaminophen • ibuprofen 	<ul style="list-style-type: none"> • Tylenol • Motrin, Advil, Motrin IB, Nuprin
			<ul style="list-style-type: none"> • decongestant—thins the mucus (read the label for a child's dose) 	<ul style="list-style-type: none"> • pseudoephedrine • phenylephrine 	<ul style="list-style-type: none"> • Sudafed • Congespirin/Neosynephrine

Read the entire label about and proper use before taking medication.

Ask your pharmacist or physician about drug interactions if you are taking any other medication or herbal product.

Many products contain multiple ingredients.