



## SYMPTOMS:

Develop slowly over 2-4 days	Fever up to 102 degrees Fahrenheit
Sore throat	Fatigue
Nasal congestion	Headache
Runny nose	Muscle aches
Cough	Watery eyes

## SELF-CARE:

- Rest
- Drink plenty of non-alcoholic fluids
- Use saline nose drops to loosen mucus
- Use Ibuprofen (Advil®) 600 mg every 6-8 hours or Acetaminophen (Tylenol®) 650 mg every 6 hours as needed to reduce fever or discomfort
- Use Oral Decongestants (Phenylephrine) for short-term relief of nasal congestion
- Use Nasal Decongestant (Oxymetazoline) for short-term relief of nasal congestion (do not use for more than 3 days)
- Gargle with salt water and use throat sprays/lozenges for throat pain
- Use heated, humidified air (if you do not have a humidifier try taking a hot shower)

## LIMIT SPREAD TO OTHERS:

- Wash hands frequently
- Cover coughs and sneezes using the crook of your elbow

## WHEN TO SEEK CARE FROM A MEDICAL PROVIDER:

Fever over 102 degrees Fahrenheit for more than 3 days

Difficulty breathing/wheezing  
Chest pain  
Swollen lymph nodes in the neck or jaw

Significant sore throat lasting more than 1 week

## ONLINE SYMPTOMS CHECKER:

<http://familydoctor.org/familydoctor/en/health-tools/search-by-symptom/cold-flu.html>

## OTHER RESOURCES:

<http://familydoctor.org/familydoctor/en/diseases-conditions/colds-and-the-flu.printerview.all.html>  
<http://www.cdc.gov/features/rhinoviruses/index.html>