



# Being sick is rough.

Finding ways to get through it shouldn't be! If your medical clinician advises that antibiotics would likely not help your symptoms, know that there are plenty of options to help you through it.

Many multi-symptom cold medications contain the same active ingredients, so learning what med treats what can help simplify your sick day routine.

The following list isolates the particular ingredients and tips so you can target your specific concerns:

## **i** Pain and Fever:

- Take ibuprofen. This is not recommended for patients with chronic kidney disease, history of GI bleeding, or while using any blood thinners.
- Take acetaminophen. This is not recommended for any patients with severe liver disease.

## **i** Mucous and Secretions:

- Take plain guaifenesin.
- Take plain loratadine or plain cetirizine.
- Use saline nasal spray or rinses.

## **i** Upset Stomach/Gas/Bloating:

- Take plain famotidine.
- Take plain simethicone.

## **i** Sore Throat:

- Use phenol spray.
- Use lozenges.

## **i** Cough:

- Take dextromethorphan.
- Take honey, however, though it is natural, it should never be given to anyone less than one.
- Use a cool mist humidifier.

## **i** Congestion:

- Use of menthol/camphor topically.
- Consider pseudoephedrine. This is not recommended for anyone with a history of high blood pressure.
- Consider oxymetazoline nasal spray or inhaler. Do not use more for more than three days in a row or your congestion could worsen.
- Use fluticasone nasal spray.

**!** Don't forget to increase your fluids and get your rest.

Always consult your medical and/or pharmacy clinicians for your specific health needs.