



“Colds” and Sore Throats



Symptoms may include:

- Sore Throat
- Muscle Aches
- Runny or Congested nose
- Cough
- Blocked or popping Ears
- Fever
- Fatigue
- Post Nasal drip

Things you can do to make yourself feel better:

- Rest
- Increase your fluid intake
- Gargle with 1 tsp salt in 8 oz. warm water
- Increase humidity in your living space (vaporizer/humidifier)
- Breathe in steam (hot shower)

Colds are caused by viruses; antibiotics only affect bacteria, not viruses. To help relieve symptoms, the following non-prescription medications are available in the Health Services Pharmacy:

Pseudoephedrine (Sudafed-Genafed, etc.)

- For ear, nose, sinus, congestion, postnasal drip - this is the “non-drowsy” decongestant.
- Take 30-60 mg (1 or 2 pills) 3 or 4 times a day. If it keeps you awake do not take within 5-6 hours of bedtime.
- If you were able to purchase this without “signing” for it or showing your ID, you did not buy pseudoephedrine.

Acetaminophen (Tylenol - non aspirin pain reliever or Ibuprofrin - Advil, Motrin IB, Nuprin)

- For pain, fever, body/muscle aches, and headache.
- Take 2 pills every 4-6 hours.
- May be taken with the other medicines listed here.

Guaifenesin (Robitussin - Vicks 44 - Benylin, etc.)

- To loosen phlegm and make coughing easier.
- Take 2-4 tsp every 4-6 hours.

Saline nasal spray (Ocean spray - Deep Sea, etc.)

- To moisturize nasal passages. Use as needed.

Oxymetazoline nasal spray (Afrin-Sinex-Genasal)

For nasal congestion. Use 1-2 times a day for no more than 3 consecutive days

Cough drops/throat lozenges, as needed.

Contact Health Services if:

- Your symptoms become more severe or persist for more than 7-10 days
- Your symptoms do not improve
- You have questions
- You feel you need to be seen by a medical provider

Contact a Health Services Triage Nurse at
(603) 862-2856

If Health Services is closed, speak to a Nurse at the Emergency Room at the Wentworth-Douglass Hospital
(603) 862-1530



REMEMBER:

Wash your hands frequently and cover you mouth/nose when you sneeze or cough to help prevent the spread germs.



HEALTH SERVICES

(603)862-2856 (during hours of operation) ■ (603) 862-1530 (after hours)

www.unh.edu/health-services