

General Advice

Wash hands with soap and water for at least 15–30 seconds covering all surfaces of the hands & fingers, rinse well & dry thoroughly to avoid spreading infection. If hands are not visibly soiled, using an alcohol-based hand rub is also effective. Clean hands frequently.

Prevent the spread of the virus. Try not to sneeze or cough near others. Use paper tissues to decrease handling nasal secretions. Avoid touching your eyes, mouth, and nose as much as possible. Symptomatic treatment is the mainstay of treatment for upper respiratory infections. Use your medication properly. Read the labels of medication(s) and follow directions closely.

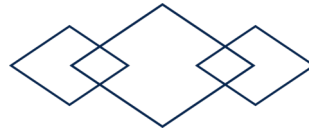
Use caution with combination products to treat your symptoms. These products often contain multiple active ingredients that can increase the risk of adverse effects or drug interactions. Read labels carefully and follow dosing instructions. Consult with a healthcare professional if you have any concerns or questions about medications.

Avoid alcohol and recreational drugs. These lower your body's resistance to infection. Do not smoke and avoid passive smoke.

Rest. Resting for 8–10 hours per day increases your ability to fight infection and prevent complications. Humidify the air you breathe.

Drink liquids. Hot liquids/soup will help loosen nasal congestion.

Antibiotics are not helpful for a cold. URI's are caused by viruses. Antibiotics fight bacteria, not viruses. Unnecessary antibiotics may lead to antibiotic resistant bacteria (often needing treatment in the hospital), allergic reactions, and/or side effects (e.g. nausea, vomiting, diarrhea).



For medication questions, contact

- Campus Health Pharmacy
919-966-6554
- Student Stores Pharmacy
919-966-8166

To purchase over-the-counter medications and items such as thermometers, hand sanitizer, and masks at reduced prices, visit:

- The Healthy Heels Shoppe, located in the basement of Campus Health
- Student Stores Pharmacy, located on the top floor of Student Stores
- Healthy Heels 2 Go vending machines, located in the Carolina Union, Ram's Head Rec, and Gillings School of Public Health

campus
HEALTH

campushealth.unc.edu | 919-966-2281

James A. Taylor Building
University of North Carolina at Chapel Hill
Student Affairs

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THE UNIVERSITY
of NORTH CAROLINA
at CHAPEL HILL



UPPER RESPIRATORY INFECTIONS

Guide to
Self-Management



OVER-THE-COUNTER MEDICATIONS TO...

Reduce fever/pain (sore throat/aches):

- Acetaminophen (Tylenol®) reduces pain/fever. Comes in 325 or 500 mg. Take per manufacturer's instructions. Do not exceed 4000 mg in a 24 hr period. Many medications for cold symptoms contain acetaminophen.
- Ibuprofen (Advil®, Motrin®) - reduces pain/fever and inflammation Comes in 200 mg. Take with food and as instructed by manufacturer. Do not exceed 800 mg every 8 hrs.
- Naproxen sodium (Aleve®, Naprosyn®) - reduces pain/fever and inflammation. 220mg tablets. Take with food and as instructed by manufacturer. Do not exceed 440 mg every 12 hrs.

Relieve sore throat, in addition to oral pain relievers such as above, you can use

- Anesthetic throat spray (Chloraseptic®)
- Sore throat lozenges (Cepastat®, Halls®). Sucking on hard candy may also help keep throat moist.
- Warm saline (1 tsp salt in 8 oz warm water). Gargle and spit. Use very 3-4 hours.

Reduce congestion (nasal and chest):

- Pseudoephedrine – please ask a pharmacy staff for assistance. These are located behind the store counter and you must present identification and sign for them.
- Guaifenesin (Mucinex®) – an expectorant which helps thin and loosen mucus
- Guaifenesin with pseudoephedrine (Mucinex®-D) – located behind the store counter
- Guaifenesin with dextromethorphan (Mucinex®-DM); expectorant and cough suppressant
- Antihistamines such as diphenhydramine (Benadryl®) or chlorpheniramine; these can cause drowsiness; some cough and cold products contain antihistamines.
- Afrin® (oxymetazoline nasal spray); avoid using for more than 3 days or more than 2 times per day to prevent rebound congestion
- Saline nasal spray (e.g., Deep Sea®); moistens dry nasal passages and can flush mucus/congestion

Reduce cough:

- *Dextromethorphan (Delsym®) – a cough suppressant
- Guaifenesin (Mucinex®) – an expectorant which helps thin and loosen mucus
- Guaifenesin with pseudoephedrine (Mucinex-D®) – located behind the store counter
- Guaifenesin with dextromethorphan (Mucinex-DM®); expectorant and cough suppressant
- Lozenges such as Halls® may also help quiet the cough
- Honey may help the cough

**There are possible drug interactions between certain antidepressant medications and dextromethorphan. Talk with your healthcare provider*

SEE A MEDICAL PROVIDER WHEN...

symptoms are not controlled with over-the-counter medications, or **symptoms are getting worse** despite using over-the-counter medications.

There are prescription medications that may help.

Seek medical attention IMMEDIATELY if you develop:

chest pain | neck pain | breathing problems | severe/persistent vomiting or diarrhea
abdominal pain | lightheadedness | fever that is not reducing with fever-reducing medications
any other concerning symptoms