SELF CARE FOR COLD SYMPTOMS

Symptoms	Home Remedies	Non-Prescription	Generic Name	Common Brand Names
Stuffy Nose	• steam inhalation • saline nose drops	• decongestant—thins the mucus (read the label for a child's dose)	• pseudoephedrine • phenylephrine	• Sudafed • Congespirin/Neosynephrine
Runny Nose	• for red, raw nose, dab on petroleum jelly or salve, or use tissues with lotion	• antihistamine—dries you up (read the label for a child's dose)	• diphenhydramine • chlorpheniramine • clemastine	• Benadryl • Chlor Trimeton • Tavist
Cough (dry-hacking)	• drink more water • use a room humidifier • gargle (warm salt water)	• antitussive—helps stop the cough	• dextromethorphan	• Delsym
Cough (moist)	• drink more water	• expectorant—helps cough up germs	• guaifenesin	• Robitussin
Sore Throat	• gargle (warm salt water) • don't smoke	• throat lozenges • throat sprays	• menthol • benzocaine	• Cepacol • Spec T • Cepastat
Fever/ Muscle Aches	• sponge bath • cool compress • rest in bed • heating pad on sore muscles • relaxation techniques	• analgesic—pain-killer	• acetaminophen • aspirin (adults over 20 only) • ibuprofen • naproxen	• Tylenol • Anacin, Bayer, Bufferin, Econtrin • Motrin, Advil, Motrin IB, Nuprin • Aleve
Watery Eyes/ Sneezing	• avoid things you are allergic to or that cause irritation	• antihistamine—dries you up (read the label for a child's dose) • decongestant—thins the mucus (read the label for a child's dose)	• diphenhydramine • chorpheniramine • clemastine • pseudoephedrine • phenylephrine	• Benadryl • Chlor Trimeton • Tavist • Sudafed • Congespirin/Neosynephrine
Earache	• place a warm wash cloth or heating pad set on low against the sore ear • drink more water • rest	• analgesic—pain-killer • decongestant—thins the mucus (read the label for a child's dose)	• acetaminophen • ibuprofen • pseudoephedrine • phenylephrine	• Tylenol • Motrin, Advil, Motrin IB, Nuprin • 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.