Upper Respiratory Symptoms
Home Remedies

To relieve your symptoms you can:

- Take pain and fever medications (Caution: do not give aspirin to children)
  
  Assess for allergies to medication
  
  - Adult
    - Ibuprofen 600mg every 6 hours, with food if possible
      - Not to exceed 3200mg/24 hours
    - Acetaminophen 1000mg every 4 hours
      - Not to exceed 4000mg/24 hours
  
  - Pediatric – refer to provider for dosing

- Get plenty of rest
- Use a clean humidifier, cool mist vaporizer, or saline nose drops to relieve a stuffy nose.
- Take a hot shower to help ease a sore throat and cough
- Drink plenty of liquids
- Stay home and rest

If you are concerned about your symptoms, contact your healthcare provider.

When to Seek Medical Care:

- Temperature of 102°F or higher
- Fever that lasts longer than 4 days
- Cough with bloody mucus
- Shortness of breath or trouble breathing
- Difficulty breathing or fast breathing
- Dehydration
- Symptoms that last more than 10 days without improvement

Prevent the spread of your illness:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid touching your eyes, nose, or mouth
- Stay home and rest
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.