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Dear Adult Patient,

You have been diagnosed with a VIRAL upper respiratory infection. Despite feeling so poorly, there is, unfortunately, no “cure” for the “common cold”.

The symptoms usually last three to ten days.

There are medicines which can help reduce symptoms, thereby making you feel a little better until your body kills the virus.

Try these things:

- 1) GUAIFENESIN helps thin the mucus, allowing better drainage. It is an expectorant. (Example : plain Mucinex).
- 2) WATER: One glass of water is as effective as one dose of guaifenesin.
- 3) DEXTROMETHORPHAN helps quiet coughs. It is a cough suppressant.
- 4) ANTIHISTAMINE: Helps stop allergies and dries up secretions.
- 5) IBUPROFEN (advil/motrin)/ACETAMINOPHEN (Tylenol) helps with fever, pain, and headaches that accompany colds.
- 6) Warm salt water gargles, Chloraseptic spray, and Cepacol lozenges help with sore throats.
- 7) A HUMIDIFIER is very helpful.
- 8) FLUIDS, FLUIDS, FLUIDS! Chicken soup, hot fluids with honey, etc

All of these medicines can be found over-the-counter in various combinations. Call/Sec the doctor if you have fevers > 100.3 for more than the first 3 days, a high fever of 103, the cold has gone on for more than 10 days, shortness of breath, or if you have any other concerns.