

## NON-PRESCRIPTION CARE

This table can help you remember home treatments & non-prescription medicines to care for your cold and flu symptoms. Print it out & post it where you can easily refer to it. Your pharmacist can help you find these medications.

Symptoms	Home Remedies	Non-Prescription Medicines	Generic Medication Name (Active Ingredients)	Common Brand Names (to save money look for store brands)
Stuffy Nose	Steam inhalation Saline nose drops	Decongestant	Pseudoephedrine Phenylephrine	Sudafed Congespirin/Neosynephrine
Runny Nose	Wash hands after blowing your nose	Antihistamine	Diphenhydramine Chlorpheniramine Clemastine	Benadryl Chlor Trimeton Tavist
Cough (dry-hacking)	Increase fluid intake Use room humidifier Take a steamy shower	Antitussive (cough suppressant)	Dextromethorphan	Delsym
Cough (moist)	Increase fluid intake	Expectorant	Guaifenesin	Robitussin
Sore Throat	Gargle (warm salt water) Don't smoke Suck on hard candy	Throat lozenges	Menthol Benzocaine	Cepacol Spec T Cepastat
Fever/Muscle Aches	Sponge bath Cool compress Rest in bed Heating pad on sore muscles	Analgesic (pain-killer)	Acetaminophen Aspirin (adults only) Ibuprofen Naproxen	Tylenol Anacin, Bayer, Bufferin, Ecotrin Motrin, Advil, Motrin IB, Nuprin Aleve
Watery Eyes/Sneezing	Avoid substances you are allergic to or which cause irritation	Antihistamine	Diphenhydramine Chlorpheniramine Clemastine	Benadryl Chlor Trimeton Tavist
		Decongestant	Pseudoephedrine Phenylephrine	Sudafed Congespirin/Neosynephrine

Table source: Tacoma-Pierce county Health Department, Washington, [www.tpchd.org](http://www.tpchd.org)

### Important Points:

- Read the entire label about warnings and proper use before taking medication.
- Ask your pharmacist or physician about drug interactions if you are taking any other medication or herbal product.
- If your condition does not improve in a reasonable period of time, see your physician.
- Many products contain multiple ingredients.
- Check with your doctor or pharmacist before giving children any non-prescription medications.

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