

This guide does not replace your doctor. Always contact your doctor if you are worried about an illness.

**Important points:**

- Ask your doctor or pharmacist about drug interactions.
- Many products contain multiple ingredients.
- Check with your doctor or pharmacist before giving children any over-the-counter medicines.
- Read the entire label about warnings and proper use before taking the medicine.

**For more information:**  
[www.GetSmartColorado.com](http://www.GetSmartColorado.com)

### A Self-Care Guide to Protect You and Your Family During the Cold and Flu Season



**REMEMBER:** Antibiotics don't work for illnesses caused by viruses such as colds, the flu and most coughs.

Taking antibiotics for viral infections will **NOT**:

- Cure the infection.
- Make you feel better.
- Help you get back to work faster.
- Keep other people from catching it.

Over-the-counter (OTC) treatments work best to help relieve symptoms of viral infections.

### Prevention.


Stay healthy and keep others healthy, too.

- Wash your hands regularly!
- Cover your cough.
- Stay up to date on your immunizations and flu shots.

### Ask.

When you are sick with a respiratory illness, ask your doctor:

- Is my illness caused by a virus or bacteria?
- When should I expect to feel better?
- When should I call your office or come back if I'm not feeling better?
- What can I do at home to feel better?

Symptoms	Home Remedies	Over-the-Counter Medicines	Generic Name	Common Brand Names
Stuffy nose	Steam inhalation Saline (salt water) nose drops	Decongestant	Pseudoephedrine Phenylephrine	Sudafed Congespirin/Neosynephrine
Runny nose		Antihistamine	Diphenhydramine Chlorpheniramine Clemastine Loratadine	Benadryl Chlor Trimeton Tavist Alavert, Claritin
Cough, dry	Increase fluid intake Use room vaporizer Take a steamy shower	Antitussive (cough suppressant)	Dextromethorphan	Robitussin DM, Delsym
Cough, with phlegm	Increase fluid intake	Expectorant	Guaifenesin	Robitussin
Sore throat	Gargle (warm salt water) Don't smoke Suck on hard candy	Throat lozenges	Menthol Benzocaine	Cepacol Cepastat
Fever/chills/muscle aches	Sponge bath Cool compress Rest in bed Heating pad on sore muscles	Analgesic (pain-killer)	Acetaminophen Ibuprofen Naproxen	Tylenol Motrin, Advil, Nuprin Aleve