

Viral Upper Respiratory Infection: What You Need to Know

- Most upper respiratory infections are caused by a virus. This includes the common cold, flu, COVID-19 and sinus infections.
- Antibiotics are NOT effective in treating viral illnesses.
- Your immune system is designed to fight viruses on its own.
- Symptoms from viral illnesses can last up to 14 days.
- Rest and increasing fluids are recommended.
- There are medications that you can take to feel better while your immune system is working to fight the virus.
- Wear a mask around others until symptoms resolve and wash hands frequently to prevent spread to others. Do not share food/drinks.
- **Do not go to class or social functions until your temperature is less 100.4 for 24 hours without fever reducers.**

If you have:	You may be able to take:	Notes:
Headache Muscle aches Fever (>100.4F)	☐ Ibuprofen (Motrin, Advil) 400-600 mg every 6 hours ☐ Acetaminophen (Tylenol) 650 mg every 6 hours	Alternate ibuprofen and Tylenol
Stuffy nose (congestion) Runny nose	☐ Nasal saline spray ☐ Fluticasone nasal spray (Flonase) ☐ Guaifenesin (Mucinex) ☐ Guaifenesin-pseudoephedrine (Mucinex-D)	Do not take pseudoephedrine with stimulant medications (Adderall, Vyvanse etc.) Hot showers/steam can also help relieve congestion
Cough	☐ Dextromethorphan (Delsym) –daytime use ☐ Guaifenesin-dextromethorphan (Mucinex-DM) – daytime use ☐ Nyquil Cough –nighttime use	
Sore throat	☐ Ibuprofen/acetaminophen ☐ Throat spray/lozenges (Chloraseptic, Cepacol) ☐ Warm saltwater gargles ☐ Warm tea with honey	Saltwater gargles: Mix one teaspoon of salt with 8 ounces of warm water