

Upper Respiratory Tract Infection (Common Cold)

- Respiratory tract infections are most often caused by viruses
- Often last for 10-12 days
- Coughs related to these infections can last 3-4 weeks
- Antibiotics are not effective for viral infections

Symptoms

- Develop slowly over 2-4 days
- Sore throat
- Nasal congestion
- Runny nose
- Cough
- Fever up to 102° Fahrenheit
- Fatigue
- Headache
- Muscle ache
- Watery eyes

Self-care measures:

- Rest
- Drink plenty of non-alcoholic fluid
- Use saline nose drops to loosen mucus
- Use Ibuprofen 400mg (✓) every 6-8 hours or Acetaminophen 650mg (✓) every 6 hours to reduce fever and discomfort
- Use oral decongestants like Phenylephrine (*) for nasal congestion
- Use Multi-Symptom Cold Relief (*)
- Gargle with warm salt water
- Use throat lozenges (*) /spray for throat pain
- Use a humidifier

Items marked with a () are available after being evaluated by a nurse in the Health Services Office (Commons, Room 226).*

Items marked with a (✓) are available in the Self-Care Room.



Limit spread to others:

- Wash hands frequently
- Cover coughs and sneezes using the crook of your elbow

When to seek care from a medical provider:

- Fever over 100 degrees Fahrenheit for more than 24 hours
- For symptoms that last over 3 days and are getting worse instead of better
- Shortness of breath/wheezing
- Pain/pressure in your chest
- Severe sinus pain
- Very swollen glands in the neck or jaw
- Significant sore throat lasting more than 1 week