



UPPER RESPIRATORY INFECTION AT HOME TREATMENTS FOR COVID 19, INFLUENZA, COMMON COLDS

BY DR CLODAGH RYAN. UPDATED 12.23.21

Firstly, cold or flu symptoms are COVID 19 UNTIL PROVEN OTHERWISE!

Do a Covid test and isolate!

If you have body aches and test negative for Covid, call us for influenza prescription (Tamiflu)

Omicron is extremely contagious and many vaccinated with 2 or 3 vaccines are testing positive. Most have mild common cold symptoms.

Most URIs are viral in nature. Antibiotics will NOT help in the first 10 days and may be harmful causing rash or diarrhea). Use over the counter symptom control medications until you are feeling better.

CONGESTION:

Sudafed (30-60 mg every 6-8 hrs) is a decongestant (OTC but you must show your ID at the pharmacy). It can raise your blood pressure but is OK to take if you have hypertension and your BP is controlled.

Afrin (one spray each nostril twice a day for NO MORE THAN 3 days) is a decongestant as well and helps with stuffy noses and difficulty breathing at nighttime. It causes problems if you use it more than 3 days in a row.

Antihistamines (ALLERGY PATIENTS ONLY): *Zyrtec (10 mg daily; non-sedating) and Benadryl (25-50 mg every 6 hrs as needed; sedating). Benadryl is safe and helps with sleep. These work better for those who have allergies as well.

*Flonase/fluticasone (1 sprays in each nostril twice daily) is a nasal steroid. It works best if you have seasonal allergies.

***Nasal Sinus Rinse:** Make your own with one cup distilled or boiled water, 1/2 tsp salt, 1/2 tsp baking soda. You can also buy saline rinses over the counter as packets or pre-mixed. These clear out the sinuses and get rid of snot.

For Children: no decongestants are to be used. Children's benadryl based on age, nasal saline and suctioning work well with a bulb suction or with a "nosefrida".

COUGH :

Cough Suppressant: Dextromethorphan (20 mg every 6 hrs; medicine in Robitussin or Delsym for cough) is the most effective cough syrup – as beneficial as codeine- containing cough



syrups with less side effects.

Expectorant: Mucinex (200 mg every 4-6 hrs). Loosens thick mucus.

PAIN/ACHES/CHILLS/FEVER (ADULTS)

NSAIDS:

Ibuprofen/Advil (400-600 mg every 8 hrs) You can take as long as you are not on another NSAID and don't have kidney disease.

Acetaminophen: Tylenol (1000 mg every 6-8 hrs). You can take as long as you're not taking combination meds with Tylenol and don't have liver disease. Sore Throat

PAIN/ACHES/CHILLS/FEVER TREATMENT FOR CHILDREN

Children's Acetaminophen/Tylenol dosing [HERE](#)

Children's ibuprofen/Motrin/Advil dosing [HERE](#)

OTHER TIPS:

Phenol (Chloraseptic Spray) numbs the back of the throat

Honey reduces both cough and sore throat in evidence-based studies. Helpful in warm drinks like tea, also.

Salt Water gargles. Mix one teaspoon of table salt in warm water and gargle for 30 sec, 3x per day. Get plenty of sleep, wash your hands, and isolate yourself.

WHEN TO CALL DR RYAN:

SECOND SICKENING:

You start to get better and then get a lot worse all of a sudden, usually happens after 7-10 days.

POSSIBLE STREP THROAT:

If your sore throat is present for less than 48 hours with no fever, wait before calling to get a test – this often is the first sign of a cold/Covid, and congestion will follow. Strep throat almost always comes with high fever, NO cough, pus pockets on the tonsils, and lymph nodes in the neck. It is also much more common in children than adults. Presence of cough makes it much more likely that it is viral.

COVID POSITIVE AND OXYGEN LEVEL <90% – GO TO ER!