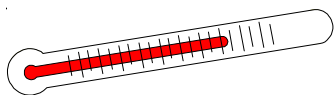


- ◆ pregnant women should avoid any unnecessary medication; some OTC drugs should be avoided during pregnancy, so ask your health care provider



Your Temperature

For most people, the normal average body temperature is 98.6° F (37° C). Normal temperature is lower in the morning (97° F) and after a period of rest, and higher in the afternoon or after activity (99° F).

The pharmacy at the Health Center sells thermometers to students for just a few dollars. It is important to monitor your temperature if you are feeling feverish or chilled because a prolonged high fever (greater than 101° F) can indicate an infection that requires evaluation by a health care provider.

Questions?

If you have questions, wish to get advice from a nurse, or need to make an appointment, call the Health Center.

Open daily 8 a.m. to 6 p.m., except Tuesdays (9 a.m.)
Saturday & Sundays 10:00 a.m. to 2:00 p.m.
Appointments & After Hours: 346-2770
Web: healthcenter.uoregon.edu

Name: _____ Date: _____

Diagnosis: Cold or Flu Viral Sore
 Cough Other _____
 Middle ear fluid (Otitis Media with Effusion, OME)

You have been diagnosed as having an illness caused by a virus. Antibiotic treatment does not help viral infections. If given when not needed, antibiotics can be harmful. The treatments prescribed below will help you feel better while your body's own defenses are defeating the virus.

General instructions:

- Increase fluids.
- Use cool mist vaporizer or saline nasal spray to relieve congestion.
- Soothe throat with ice chips, or sore throat spray; lozenges for older children and adults.

Specific medicines:

- Fever or aches:
- Ear pain:
- _____ : _____
- _____ : _____

Use medicines as directed by your doctor or the package instruction. Stop the medication when the symptoms get better.

Follow up:

- If not improved in _____ days, if new symptoms occur, or if you have concerns, please call or return to the office for a recheck.
- Other: _____

Signed: _____

Adapted from: CDC / Oregon Health Division

Managing Colds & The Flu



**The University of Oregon
HEALTH CENTER**

What causes colds and the flu?

The “common cold” and influenza (“the flu”) are caused by viruses, which are very contagious and are spread when the virus contacts the mucus membranes of your eyes, nose, or mouth. These viruses are shed by the mucus of infected people. You can become infected from direct contact with someone who has a cold or from touching a surface, such as a desktop or telephone, and then touching your own eyes, nose, or mouth.

How can I prevent colds and the flu?

Washing your hands frequently and keeping your hands away from your eyes, nose, and mouth are important. Also, keep your immune system strong by getting plenty of sleep, eating a healthy diet, exercising regularly, and not smoking or using alcohol or drugs.

Should I get the flu shot?

We recommend the influenza vaccine (“flu shot”), which should be given in the autumn or early winter before the flu season each year. It will protect you from the most common types of the flu. It will not protect you from catching a cold. Because the injectable vaccine does not contain any live virus, it is impossible to get the flu from this vaccine.

What are symptoms of a cold?

- ◆ scratchy or sore throat
- ◆ sneezing
- ◆ watery eyes
- ◆ runny nose with clear or yellow mucus
- ◆ nasal and sinus congestion
- ◆ a cough which may be dry or may produce clear or light-colored mucus
- ◆ a low-grade fever (less than 101° F / 38.5° C)
- ◆ general fatigue and achiness
- ◆ symptoms usually last 7-14 days

What are symptoms of the flu?

- ◆ an abrupt onset of fatigue, body aches, head ache, fever, and chills
- ◆ symptoms of a cold (as listed above) may also develop
- ◆ fevers are often higher, above 101° F for the first day or two
- ◆ fatigue and a cough may persist for 2-4 weeks after other symptoms go away

What can I do to feel better?

- ◆ get plenty of rest
- ◆ drink large quantities of liquids: water, juice, tea, soup. Hot beverages can be soothing for your throat and can help loosen thick nasal mucus
- ◆ gargle frequently with a salt water solution (1/2 tsp. salt in 8 oz. warm water) to soothe and cleanse your throat and tonsils
- ◆ inhale moist air (from the shower or a humidifier) to reduce nasal congestion
- ◆ Vitamin C (500 - 1000 mg per day) may boost your immune system and help fight viruses
- ◆ Zinc lozenges
- ◆ stop smoking to reduce irritation to your mucus membranes and decrease your risk of getting bronchitis or pneumonia as a complication of a cold or the flu

Do antibiotics help?

No. Colds and the flu are caused by viruses. Antibiotics treat infections caused by bacteria. Unless your cold has led to a secondary bacterial infection, such as a sinus infection, ear infection, or pneumonia, antibiotics are a waste of money. Antibiotics can have side-effects and there is always the risk of serious allergic reactions. Also, there is increasing concern about the development of antibiotic-resistant bacteria due to overuse of antibiotics.

What over-the-counter (OTC) medications should I take?

It is best to take single-action medications to treat your specific symptoms. Remedies that claim to relieve all cold symptoms simultaneously are often not the most effective remedies and can be expensive. Common OTC medications used for colds and the flu include:

- ◆ analgesics (pain-reducers for sore throats, headache, body aches) and fever-reducers such as acetaminophen (Tylenol) and ibuprofen (Motrin, Advil)
- ◆ Chloroceptic spray or lozenges can help numb sore throats
- ◆ decongestants, to reduce nasal and sinus congestion, such as pseudoephedrine (Sudafed)
- ◆ antihistamines, for a runny nose and sneezing, such as diphenhydramine (Benadryl), are more useful for allergies; they may increase nasal congestion
- ◆ cough drops or cough syrup, such as dextromethorphan (Robitussin DM)
- ◆ expectorants to help loosen thick mucus, such as guaifenesin (Robitussin)

When should I seek medical care?

The following symptoms may be a sign of a more serious infection which may require antibiotics or other medical treatment:

- ◆ fever over 101° F / 38.5° C for more than 48 hours
- ◆ severe headache or stiff neck
- ◆ difficulty breathing, chest pain, wheezing, or shortness of breath
- ◆ a widespread rash on your body
- ◆ severe or persistent sore throat; difficulty swallowing
- ◆ ear pain
- ◆ thick, dark yellow or green nasal discharge with pain around the eyes
- ◆ painful swelling of lymph glands in the neck
- ◆ extreme or chronic fatigue or weakness
- ◆ a persistent cough that causes vomiting or prevents you from sleeping
- ◆ anyone with a history of asthma, diabetes, heart disease, or other chronic condition which can complicate a cold or the flu should seek medical care