When should I call my health care provider?

Children

GET IMMEDIATE CARE:

- Noisy, rapid or difficult breathing
- Neck pain or stiffness
- Blue or gray around lips, mouth or fingernails
- Will not wake up easily

CALL YOUR PROVIDER ABOUT:

- Fever
  - Age 2 months or less: 100.2° F or higher rectally
  - 3–6 months: 101° F or higher
  - Over 6 months: 103° F or higher
  - Fever for more than 2 days
- Body rash
- Worsening pain in one or both ears
- Cannot keep fluids down or refuses to drink
- Infant with fewer wet diapers or no tears
- Continued vomiting
- Cold symptoms for more than 10 days
- Other symptoms that concern you

Adults

GET IMMEDIATE CARE:

- Painful or difficult breathing, wheezing, or difficulty swallowing

CALL YOUR PROVIDER IF:

- Pregnant with cold symptoms
- Heavy smoker with cold symptoms
- Chronic illness (such as lung problems, diabetes or heart disease) with cold symptoms
- Symptoms worsen after 3 days
- Still sick after 10 days
- Pus in the back of your throat
- Fever for more than 3 days
- Severe headache with fever
- Worsening pain in one or both ears
- Severe sore throat pain without runny or stuffy nose

Your body will fight a cold on its own. Colds can last longer than two weeks.

- **Antibiotics do not kill viruses.**
- **Most colds, coughs, and sore throats are caused by viruses.**
- **As much as 50% of antibiotic use is unnecessary.**
- **Using antibiotics when they are not needed may harm you or your child by creating stronger germs.**

Wash your hands often with soap and warm water to prevent the spread of colds. Antibacterial soaps are not needed.

For more information:
www.doh.wa.gov/Topics/Antibiotics/

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For persons with disabilities this document is available on request in other formats. To submit a request, call 1-800-525-0127 (TDD/TTY 1-800-833-6388).

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WSMA
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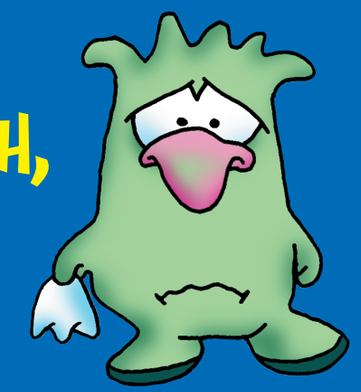
Sources:
American Academy of Pediatrics, Centers for Disease Control and Prevention, Mayo Clinic, South Carolina Careful Antibiotic Use Taskforce

What can I do to fight a cold, cough, or sore throat?



Know common symptoms and effective remedies

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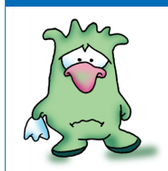
Self Care for Cold Symptoms

	Symptoms	Home Remedies	Over-the-Counter (Read the label for a child's dose)	Active Ingredient	Common Brand Names* (Also look for generic or store brands)
	**Stuffy Nose**	• steam inhalation • salt water nose drops	• **decongestant**—thins the mucus	• phenylephrine	• Neo-Synephrine, Sudafed PE
	Runny Nose	• for red, raw nose, dab on petroleum jelly or salve, or use tissues with lotion	• **antihistamine**—dries you up	• diphenhydramine • chlorpheniramine • loratadine	• Benadryl • Chlor-Trimeton • Claritin, Alavert
	Cough (dry-hacking)	• drink more water • use a room humidifier • suck on hard candy • gargle (warm salt water)	• **cough suppressant**—helps stop the cough	• dextromethorphan	• Delsym
	Cough (moist)	• drink more water	• **expectorant**—helps cough up mucus	• guaifenesin	• Robitussin, Mucinex
	Sore Throat	• gargle (warm salt water) • don't smoke • suck on hard candy	• **throat lozenges**	• menthol • benzocaine	• Halls, Vicks, Luden's • Cepacol, Chloraseptic
	Fever/ Muscle Aches	• sponge bath • cool compress • rest in bed • heating pad on sore muscles • relaxation techniques	• **analgesic**—pain-killer	• acetaminophen • aspirin (adults over 20) • ibuprofen • naproxen	• Tylenol • Anacin, Bayer, Bufferin, Ecotrin • Advil, Motrin IB, Nuprin • Aleve
	Watery Eyes/ Sneezing	• avoid things you are allergic to or that cause irritation	• **antihistamine**—dries you up and may relieve itchy eyes	• diphenhydramine • chlorpheniramine • loratadine	• Benadryl • Chlor-Trimeton • Claritin, Alavert
			• **decongestant**	• phenylephrine	• Neo-Synephrine, Sudafed PE
	Earache	• place a warm wash cloth or heating pad set on low against the sore ear • drink more water • rest	• **analgesic**—pain-killer	• acetaminophen • ibuprofen	• Tylenol • Advil, Motrin IB, Nuprin
			• **decongestant**	• phenylephrine	• Neo-Synephrine, Sudafed PE

✓ Consult your physician if you are pregnant or breastfeeding.
✓ Read the entire label about warnings and proper use before taking medication.

✓ Ask your pharmacist or physician about drug interactions if you are taking any other medication or herbal product.
✓ Ask your pharmacist about children's brands and dosages.

* Brand names are listed as examples and do not imply endorsement.

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