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

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.

For more information: www.doh.wa.gov/Topics/Antibiotics/
## Self Care for Cold Symptoms

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

*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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