



## TAKE CARE OF YOURSELF!

### A GUIDE TO SELF-CARE FROM EASTERN'S HEALTH SERVICE

Most likely, the reason you feel lousy today is because you have a viral infection of your respiratory tract (URI). If you have a fever > 100 degrees, you may have the flu. We can't make it go away immediately, but here are some suggestions to help you recover and to protect your fellow students.

#### What you can do to help yourself:

- Get lots of sleep; you need REST to feel better
- Drink lots of fluids to replace those lost with a fever
- Eat what your appetite allows; don't force yourself to eat
- Gargle with warm salted water to soothe a sore throat
- Steamy showers loosen secretions so you can cough them up
- Stay in! This is no night to party!
- Best to rest in bed & not go to class or work today
- It's best if you go home to recover

#### What you can do to prevent spread of illness to others:

- If possible, GO HOME to recover from your illness; but do your best to avoid infecting your family
- Do not go to class, participate in sports, or work until your fever has been gone for 24 hours without fever-reducing medicine**
- Stay in your room/apartment as much as possible unless you need to go out for necessities
- Limit contact with and keep away from others to avoid making others sick. Consider using a face mask if you are around other people.
- Use tissues or your sleeve to cover your nose & mouth when you cough or sneeze
- Wash your hands with soap and warm water for 15-20 seconds or use an alcohol-based hand sanitizer after coughing or sneezing
- Going for medical care or to an emergency room is not recommended unless you are having problems breathing, you cannot keep fluids down because you are dehydrated from vomiting or diarrhea, or if you have a chronic medical problem like heart or lung disease, diabetes, immune system problems, or severe asthma
- Don't share eating utensils, beverage containers or personal items with anyone, sick or not
- If you need to return to the Health Service, please call first to let us know you are experiencing flu symptoms.
- Wear a face mask if you need to return to the Health Service and use hand sanitizer before you come in to the waiting area

#### Things you can take for temporary relief:

- Anesthetic lozenges and sprays numb a sore throat
- Check your temperature before you take fever reducing medicine so you will know when your fever is gone
- Acetaminophen 325mg ("Non-Aspirin"; e.g., Tylenol) relieves headache, body aches, and reduces fever. *Take 2 tablets every 4-6 hours as needed. Do not exceed 12 tablets in 24 hours. Be careful not to use with other acetaminophen-containing products; acetaminophen is hazardous when you take too much. Do not use aspirin.*
- Ibuprofen 200mg also relieves pain and reduces fever. Do not use with other Ibuprofen products such as Motrin, Advil or with Aleve. Take with food.* The usual dose is 2 tablets every 4 hours, but you may take 3 tablets every 6 hours.
- Pseudoephedrine 30mg and Phenylephrine 5mg are both nasal decongestants, which may make you feel less stuffy. *Take 1 or 2 tablets every 4-6 hours as needed. Do not use with other nasal decongestant tablets (pseudoephedrine or phenylephrine).*
- Mucinex-D contains pseudoephedrine (a decongestant) and guaifenesin (to thin and loosen mucus secretions). Take 1 every 12 hours; may keep you awake at night. *Do not use with other medications containing the same ingredients.*
- Medicidin-D (acetaminophen 325mg, chlorpheniramine 2mg, & phenylephrine 5mg). *Take 2 tablets every 4 hours, no > 12 tablets in 24 hours. Do not use with other medications containing the same ingredients. It makes you sleepy, so take this at bedtime.*
- Nasal decongestant spray. *Use 2 sprays in each nostril every 12 hours as needed. DO NOT USE FOR MORE THAN THREE CONSECUTIVE DAYS.*
- Nasal saline spray moistens nasal secretions and helps your sinuses drain. Use freely.
- Expectorant/suppressant cough syrup (contains guaifenesin 100mg, dextromethorphan 10mg) promotes a less frequent, more productive cough. *Take 2 teaspoonfuls every 4 hrs as needed for cough. Do not use with other dextromethorphan containing medications unless advised otherwise.*
- Cough syrup with codeine helps to quiet a severe cough so you can sleep. *Take 2 teaspoonfuls every 4-6 hours but be careful! It causes drowsiness so you should not drive or drink alcohol while using it.*
- 
- 

**Antibiotics are not effective in curing viral infections such as a cold or the flu. A typical cold will last 10-14 days. The flu may last fewer days than that, but you may continue feeling tired for several days after that. If your symptoms last longer than this, or if you have a fever for more than a few days, or if you are having trouble breathing, please come back and see us again. Questions? Call us at 465-5263.**