

TIPS FOR OTC COLD & FLU MEDICINES

OTC medicines do not cure colds or flu, but they can ease your symptoms and help you feel better.

Remember, they are serious medicines:

- Read and follow the directions on the labels carefully. Check age recommendations on children's products. The Food and Drug Administration (FDA) cautions that cough and cold medicines **NOT** be given to children **under 4 years of age**, unless recommended by a health care provider.
- Know what's in your OTC medicines. Ingredients used for fever and pain like aspirin, acetaminophen (e.g., Tylenol), and ibuprofen (e.g., Advil) are common in many OTC and prescription products, so check the labels and make sure you aren't taking multiple medicines with these ingredients.
- Do not give aspirin or products containing aspirin to persons **younger than 20 years** of age.

Product List	Symptoms Treated				
	Stuffy Nose	Runny Nose	Cough	Aches, Fever	Sore Throat
<i>Please read and follow label directions carefully. For children's products, observe the age limitations.</i>					
Nasal decongestants and combinations					
■ Pseudoephedrine* Tabs 30 mg, 60 mg (Sudafed) Children's Liquid 15 mg/5ml	✓ ✓				
■ Phenylephrine Tabs 10 mg (Sudafed PE)	✓				
■ Triprolidine/Pseudoephedrine* Tabs (Actifed)	✓	✓			
■ Children's Dimetapp Cold & Cough Liquid	✓	✓	✓		
■ Saline Nose Spray (Ocean)	✓				
■ Oxymetazoline Nose Spray 0.05% (Afrin) (do not use more than 3 days in a row)	✓				
Cough suppressants and expectorants					
■ Guaifenesin Syrup 100 mg/5 ml (Robitussin) Tabs 400 mg (Fenesin IR) Long-Acting Tabs 600 mg (Mucinex)			✓ ✓ ✓		
■ Guaifenesin/Dextromethorphan Syrup (Robitussin DM)** Tabs (Mucinex DM)			✓ ✓		
■ Guaifenesin/Pseudoephedrine* Liquid, Tabs (Mucinex D)	✓		✓		
■ Dextromethorphan Syrup—12 hr formula (Delsym)**			✓		
Pain relievers and fever reducers					
■ Acetaminophen Tabs 325 mg, 500 mg (Tylenol) Children's Chews/Melts 80 mg, Jr. Tabs 160 mg Children's Drops 80 mg/0.8 ml, Elixir 160 mg/5 ml				✓ ✓ ✓	✓ ✓ ✓
■ Ibuprofen Tabs 200 mg (Advil) Children's Liquid 100 mg (Children's Advil)				✓ ✓	✓ ✓
■ Throat Lozenges, Throat Spray (Cepacol, Chloraseptic)					✓

*Please ask pharmacy staff for assistance with products containing pseudoephedrine.

**Dextromethorphan (DXM) has become a popular medication of abuse, especially among adolescents. For more information, please see www.doseofprevention.org.

Cold and Flu Medicines



Cold and flu
season is here!

Be prepared with
over-the-counter (OTC)
cold and flu medicines



KAISER PERMANENTE®

FACT

You can help prevent colds and seasonal flu.

Get a flu vaccine. Wash your hands often to prevent getting or spreading cold and flu germs. Cover your mouth and nose when you sneeze or cough. Eat healthy foods, exercise regularly, and get plenty of rest to help your body resist catching a cold or the flu. A yearly flu vaccine is recommended for:

- people over 50 years old
- children 6 months of age and older
- pregnant women
- anyone with a chronic health problem and people who live with or care for persons with chronic health problems
- health care workers

FACT

Taking care of yourself when you have a cold or flu can help you feel better.

Get lots of rest and drink plenty of fluids - 8 or more glasses a day. Warm water, herbal tea, or clear broth soup can help relieve congestion. Nonprescription or over-the-counter (OTC) medicines may help to relieve uncomfortable symptoms like cough, stuffy or runny nose, aches and pains, or fever. Treat each symptom separately and avoid remedies that combine drugs to treat multiple symptoms unless needed. See the list of OTC medicines on the other side of this brochure.



FACT

Antibiotics are not for colds or flu.

Rest, fluids, and TIME are key element for taking care of colds and flu. These illnesses are caused by viruses. Antibiotics won't help because they kill only bacteria—not viruses. Taking antibiotics when they are not needed can be harmful and increases your chances of being infected by *resistant* bacteria that antibiotics cannot kill. Antibiotics can also cause side effects such as stomach upset, diarrhea, and vaginal infections.

Know when Antibiotics Work			
Illness	Usual Cause		Antibiotic Needed?
	Virus	Bacteria	
Cold	✓		No
Flu	✓		No
Chest Cold (otherwise healthy adults & children)	✓		No
Sore Throat (except Strep)	✓		No
Runny Nose (green or yellow mucus)	✓		No
Middle Ear Fluid (otitis media with effusion)	✓		No

Adapted from: CDC/FDA Campaign—Get Smart: Know When Antibiotics Work

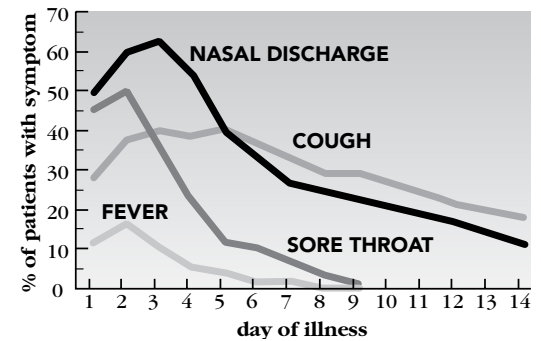
Visit kp.org/flu for helpful advice on preventing and treating seasonal flu, and for information about the novel (new) H1N1 flu. The seasonal flu vaccine does not protect against the novel H1N1 virus strain. A separate vaccine for that strain is being developed.

The information presented here is not intended to diagnose health problems or take the place of professional medical care. If you are pregnant or have persistent health problems or further questions, please talk with your physician or health care provider.

FACT

Some symptoms can last for 2 weeks or more following a cold or flu.

Fever and sore throat generally improve within 4–5 days, and most people feel better within a week. However, cough and nasal discharge can last 2 weeks or longer!



Reference: Duration of Symptoms in 139 Rhinovirus Colds—Centers for Disease Control

Call Kaiser Permanente if you have:

- Trouble breathing, wheezing or tightness in your chest.
- A fever with stiff neck or a severe headache.
- A fever of 104°F or higher that does not go down after two hours of home treatment.
- Coughed-up mucous that is bloody.
- Severe ear pain, sudden hearing loss, or discharge from the ear.
- A very sore throat and a hard time swallowing.
- A deep cough with lots of mucous or a cough that lasts more than three weeks. Remember that dry, hacking coughs can last several weeks after an illness caused by a virus. Yellow or green mucus do not necessarily mean that you have a bacterial infection. Antibiotics are only useful for bacterial infections.
- A fever of 102°F or higher for one day, 101°F or higher for three days, or 100°F or higher for four days, or your fever goes away then returns after two or three days.
- A child with shaking chills with a cough or nighttime cough spasms.