

## Recommendations for the Common Cold

1. **WATER** - Drink plenty of water. ½ to ¾ oz. per pound of body weight per day in divided amounts throughout the day. (i.e. 75-100 oz. for a 150 lb. person.)
2. **BED** - Elevate the head of your bed 4-6 inches. Try to get an extra hour of sleep a night.
3. **VAPORIZER** - Use a vaporizer or humidifier in your bedroom and in rooms you will be spending a good deal of the time during the day. Do not use a vaporizer if you have dust mite allergies.
4. **FREQUENT SWALLOWING** - Chew sugarless gum or use sugarless candy to promote frequent swallowing and production of saliva.
5. **AFRIN DECONGESTANT NASAL SPRAY** - For nasal obstruction, use Afrin decongestant nasal spray in adults and older children and Afrin Nose Drops in younger children, in the following manner:
  - Blow nose well, one side at a time. Use 2-3 puffs of Afrin or 2-3 Regular Afrin drops in each nostril. (Dilute Afrin Nose drops 1:1 with saline nasal drops for children under age 6). Wait for 5-10 minutes, then repeat the nose blowing and application of Afrin. This constitutes one dose. This routine may be repeated every 12 hours for 3-4 days then at bedtime for 2-3 days.
  - Do not use this drug for longer than 6 days. Discontinue it earlier if nasal obstruction clears. Excessive use of Afrin or other decongestant nose drops or sprays can produce nasal irritation and congestion.
6. **NASAL DECONGESTANT PILLS** - You may use over the counter decongestant pills (i.e. Sudafed PSE, phenylephrine) as directed. Do not use if your blood pressure is elevated or if you have heart problems.
7. **AVOID ANTIHISTAMINES.** However, if you have allergies and you are on a non-sedating antihistamine you may continue to use them.
8. **SALT WATER SOLUTIONS** - Spraying the nose with a physiologic salt-water solution several times each day is an excellent method to cleanse the nose and increase mucous flow. There are a variety of saline nasal sprays available without prescription. (AYR, OCEAN or SALINEX are just a few of the trade name products.) You can also make your own salt- water solution by using 1 tsp. table salt to 1 pint **boiled** water. Be certain to discard any unused homemade solution at the end of the day as there are no preservatives present, as there are in the commercial preparations. You may use 2-6 puffs each nostril every 1-2 hours as needed.
9. **MUCINEX** – Recommended adult dose = 2400 mg per day.
10. **1-2 tablespoons of honey in warm water or green tea may help soothe your throat.**
11. **SINUS RINSE KIT** - Use as directed. For further instructions and precautions please go to this website: <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm316375.htm>