

Cold Symptoms

Common cold symptoms:

- Stuffy nose/sinus congestion
- Sneezing
- Sore throat
- Cough
- Hoarse voice/laryngitis
- Pink eye
- Headache
- Fever (101°F or higher)
- Skin sensitivity
- Body aches

Treatment:

- For throat discomfort and fever, use Acetaminophen (Extra Strength Tylenol) 2 tablets every 4 hours as needed (*maximum of 8 tablets in 24 hours*) or Ibuprofen (e.g. Advil or Motrin) 3 tablets every 8 hours with food.
- Take a decongestant for stuffy/runny nose - you can use **one** of the following medications: Sudafed, DayQuil/NyQuil, Tylenol Cold, or Mucinex-D. Follow product packing for proper dosing instructions.
- Use saline nasal spray (e.g. Ayr) to help with nasal congestion
- Apply Aquaphor or Vaseline to nose and nostrils to prevent your skin from chapping.
- Get plenty of rest.
- Increase your fluid intake with water, juices, non-caffeinated beverages, soup broth, Powerade, or Gatorade
- For cough – you can use Robitussin DM, Delsym, or Mucinex. Follow product packaging for proper dosing instructions.
- Keep in mind that cold symptoms can last 3-14 days.

If you have a temperature greater than 101°F, chest pain, difficulty breathing, difficulty swallowing, severe headache or other severe symptoms, please call the UD Student Health Center to schedule an appointment at 937-229-3131 or seek care at a local Urgent Care or local emergency room.

If you have asthma or other chronic respiratory illnesses, chronic heart, liver, blood or neurological disease or have diabetes, or are taking immunosuppressive medications, please call UD Student Health Center to speak with a nurse.