

## Delaware Family Care Associates

### WINTER 2013-2014 COLD/FLU PROTOCOL

#### **OTC medications** that are safe for anyone to take:

1. Mucinex plain (not D or DM) – helps break up mucous/make it easier to clear
2. Robitussin plain ( same as Mucinex but in liquid form, taken more frequently)
3. Delsym – for cough suppression/lasts 12 hours
4. Benadryl – can help dry post-nasal drip/helpful for sleeping
5. Claritin/Zyrtec/Allegra (plain, not D) – dry post-nasal drip/allergy meds
6. Tylenol/Advil – for fever/body aches

#### Symptoms of a **common cold**

- Sore throat
- Body aches/chills/fever < 101
- Sinus congestion/Runny nose
- Chest congestion/cough

\*\*Expectations for a cold are for symptoms to last 7-10 days, sometimes longer, with the worst symptoms the first 3-4 days. After 7 days, most symptoms are slowly improving.

#### Symptoms of **influenza**/"the flu"

- Severe body aches and chills (feeling like you "were hit by a Mac truck")
- Fever > 101
- Coughing
- Any other above cold symptoms/will vary from year to year

\*\*Expectations with the flu are the severe symptoms (high fever and body aches) lasting 72 hours (3 full days). Fever should trend downward after that and other symptoms improving, but most people are sick with this for about 5-7 days!

\*\*\*Any patient who is elderly (65 years +), a child (especially < 4 years), or an immunocompromised patient (HIV, cancer) should be seen right away for evaluation even if they think it's the flu.