

# Skeehchooash

Pequot for Grasses, Herbs, Medicines

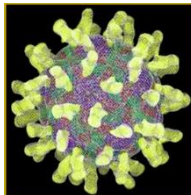
PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

December 2014

## Cough and the Common Cold



Sneezing, sore throat, runny nose, coughing, sneezing, watery eyes, headaches and body aches – these are some of the main symptoms of the common cold. During the course of one year, it affects about 1 billion people in the United States. It is the main reason that children miss school and adults miss work.<sup>1</sup>



### Is cold weather the reason I get a cold? **NO**

Despite popular belief, cold weather does not cause the common cold nor does it increase your chance of getting a cold. The common cold is caused by a virus and is treated based on the symptoms that you feel.



### How are colds spread? <sup>1</sup>

- Through the air (coughing and sneezing)
- Close personal contact (touching someone who is infected or something they may have touched and then touching your eyes, nose or mouth)

### How to protect yourself and others<sup>1</sup>

- Wash your hands often with soap and water
  - Scrub for at least 20 seconds
- Avoid touching your eyes, nose and mouth
- Stay away from people who are sick



### When to See a Doctor<sup>1</sup>

You should call your doctor if you have any of these conditions:

- A temperature higher than 100.4°F
- Symptoms that last more than 10 days
- Symptoms that are severe or unusual

### Will antibiotics help? **NO**

Antibiotics do not work against viruses which are the primary causes of the common cold. Therefore, taking an antibiotic will not work to treat the common cold and it may make it more difficult to treat future bacterial infections you may have.



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## How to feel better<sup>1</sup>

There is no cure for the common cold however over-the-counter (OTC) medications can help ease the symptoms (see table below). It is important to talk to your doctor before giving a child nonprescription cold medicines since some of these contain ingredients that are not recommended for children. In addition to OTC medications it is important to do the following:

- Get plenty of rest
- Drink plenty of fluids
- Use a clean humidifier or cool mist vaporizer
- Avoid smoking, second-hand smoke, and other pollutants (airborne chemicals or irritants)

## OTC medicines (for ADULTS):<sup>2,3</sup>

Symptom	What to use
Stuffy nose	<ul style="list-style-type: none"><li>• Pseudoephedrine (Sudafed 12 Hour®, oral)</li><li>• Phenylephrine (Sudafed PE®, oral)</li><li>• Pseudoephedrine and guaifenesin (Mucinex D®, oral)</li><li>• Oxymetazoline (Afrin®, nasal spray) → limit use to 3 days max</li></ul>
Cough	<ul style="list-style-type: none"><li>• Dextromethorphan<ul style="list-style-type: none"><li>• Robitussin DM®</li><li>• Triaminic Cough and Cold®</li></ul></li><li>• Mucinex DM®</li><li>• Delsym®</li></ul>
Congestion (mucous)	<ul style="list-style-type: none"><li>• Guaifenesin-containing products<ul style="list-style-type: none"><li>• Mucinex®</li><li>• Robitussin Chest Congestion®</li></ul></li></ul>
Runny nose and sneezing	<ul style="list-style-type: none"><li>• Benadryl®</li><li>• Alavert®</li><li>• Fexofenadate (Allegra®)</li><li>• Loratadine (Claritin®)</li></ul>
Fever, Headache, Muscle aches	<ul style="list-style-type: none"><li>• Acetaminophen (Tylenol®)</li><li>• Ibuprofen (Advil®)</li><li>• Naproxen (Aleve®)</li></ul>

\*\*\* Do not give cough medicines to children under four, and don't give aspirin to children. Contact healthcare provider for recommendations.

### References:

1. Common Cold: Protect Yourself and Others. Center for Disease Control and Prevention. <http://www.cdc.gov/features/rhinoviruses/>. February 24, 2014. Accessed December 15, 2014.
2. Cough Medicine: Understanding you OTC options. <http://familydoctor.org/familydoctor/en/drugs-procedures-devices/over-the-counter/cough-medicine-understanding-your-otc-options.html>. October 2013. Accessed December 15, 2014.
3. Decongestants: OTC relief for congestion. <http://familydoctor.org/familydoctor/en/drugs-procedures-devices/over-the-counter/decongestants-otc-relief-for-congestion.html>. October 2013. Accessed December 15, 2014.



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