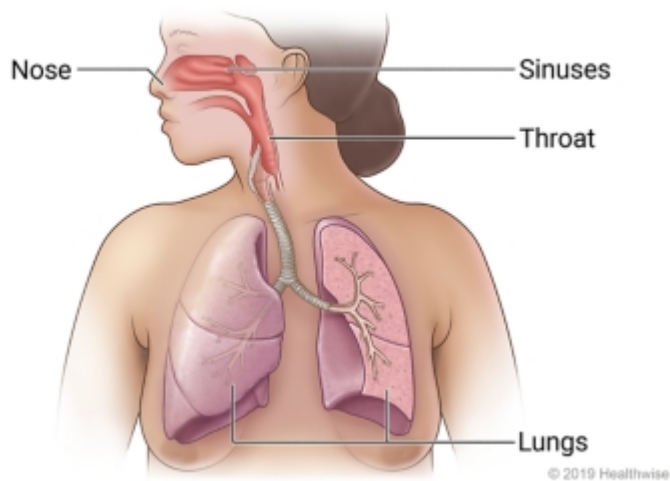


Upper Respiratory Infection (Cold): Care Instructions



Overview

An upper respiratory infection, or URI, is an infection of the nose, sinuses, or throat. URIs are spread by coughs, sneezes, and direct contact. The common cold is the most frequent kind of URI. The flu and sinus infections are other kinds of URIs.

Almost all URIs are caused by viruses. Antibiotics won't cure them. But you can treat most infections with home care. This may include drinking lots of fluids and taking over-the-counter pain medicine. You will probably feel better in 4 to 10 days.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- To prevent dehydration, drink plenty of fluids. Choose water and other clear liquids until you feel better. If you have kidney, heart, or liver disease and have to limit fluids, talk with your doctor before you increase the amount of fluids you drink.
- Ask your doctor if you can take an over-the-counter pain medicine, such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen (Aleve). Be safe with medicines. Read and follow all instructions on the label. No one younger than 20 should take aspirin. It has been linked to Reye syndrome, a serious illness.
- Be careful when taking over-the-counter cold or flu medicines and Tylenol at the same time. Many of these medicines have acetaminophen, which is Tylenol. Read the labels to make sure that you are not taking more than the recommended dose. Too much acetaminophen (Tylenol) can be harmful.
- Get plenty of rest.
- Use saline (saltwater) nasal washes to help keep your nasal passages open and wash out mucus and allergens. You can buy saline nose sprays at a grocery store or drugstore. Follow the instructions on the package. Or you can make your own at home. Add 1 teaspoon of non-iodized salt

and 1 teaspoon of baking soda to 2 cups of distilled or boiled and cooled water. Fill a squeeze bottle or neti pot with the nasal wash. Then put the tip into your nostril, and lean over the sink. With your mouth open, gently squirt the liquid. Repeat on the other side.

- Use a vaporizer or humidifier to add moisture to your bedroom. Follow the instructions for cleaning the machine.
- Do not smoke or allow others to smoke around you. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.

When should you call for help?



Call 911 anytime you think you may need emergency care. For example, call if:

- You have severe trouble breathing.

Call your doctor now or seek immediate medical care if:

- You seem to be getting much sicker.
- You have new or worse trouble breathing.
- You have a new or higher fever.
- You have a new rash.

Watch closely for changes in your health, and be sure to contact your doctor if:

- You have a new symptom, such as a sore throat, an earache, or sinus pain.
- You cough more deeply or more often, especially if you notice more mucus or a change in the color of your mucus.
- You do not get better as expected.

Where can you learn more?

Go to <https://www.healthwise.net/patiented>

Enter **K520** in the search box to learn more about "**Upper Respiratory Infection (Cold): Care Instructions**".

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Viral Respiratory Infection: Care Instructions



Overview

A viral respiratory infection is an infection of the nose, sinuses, or throat caused by a virus. Colds and the flu are common types of viral respiratory infections.

The symptoms of a viral respiratory infection often start quickly. They include a fever, sore throat, and runny nose. You may also just not feel well. Or you may not want to eat much.

Most viral infections can be treated with home care. This may include drinking lots of fluids and taking over-the-counter pain medicine. You will probably feel better in 4 to 10 days.

Antibiotics are not used to treat a viral infection. Antibiotics don't kill viruses, so they won't help cure a viral illness.

In some cases, a doctor may prescribe antiviral medicine to help your body fight a serious viral infection.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- To prevent dehydration, drink plenty of fluids. Choose water and other clear liquids until you feel better. If you have kidney, heart, or liver disease and have to limit fluids, talk with your doctor before you increase the amount of fluids you drink.
- Ask your doctor if you can take an over-the-counter pain medicine, such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen (Aleve). Be safe with medicines. Read and follow all instructions on the label. No one younger than 20 should take aspirin. It has been linked to Reye syndrome, a serious illness.
- Be careful when taking over-the-counter cold or flu medicines and Tylenol at the same time. Many of these medicines have acetaminophen, which is Tylenol. Read the labels to make sure that you are not taking more than the recommended dose. Too much acetaminophen (Tylenol) can be harmful.

- Get plenty of rest.
- Use saline (saltwater) nasal washes to help keep your nasal passages open and wash out mucus and allergens. You can buy saline nose sprays at a grocery store or drugstore. Follow the instructions on the package. Or you can make your own at home. Add 1 teaspoon of non-iodized salt and 1 teaspoon of baking soda to 2 cups of distilled or boiled and cooled water. Fill a squeeze bottle or neti pot with the nasal wash. Then put the tip into your nostril, and lean over the sink. With your mouth open, gently squirt the liquid. Repeat on the other side.
- Use a vaporizer or humidifier to add moisture to your bedroom. Follow the instructions for cleaning the machine.
- Do not smoke or allow others to smoke around you. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.

When should you call for help?



Call 911 anytime you think you may need emergency care. For example, call if:

- You have severe trouble breathing.

Call your doctor now or seek immediate medical care if:

- You have a new or higher fever.
- Your fever lasts more than 48 hours.
- You have trouble breathing.
- You have a fever with a stiff neck or a severe headache.
- You are sensitive to light.
- You feel very sleepy or confused.

Watch closely for changes in your health, and be sure to contact your doctor if:

- You do not get better as expected.

Where can you learn more?

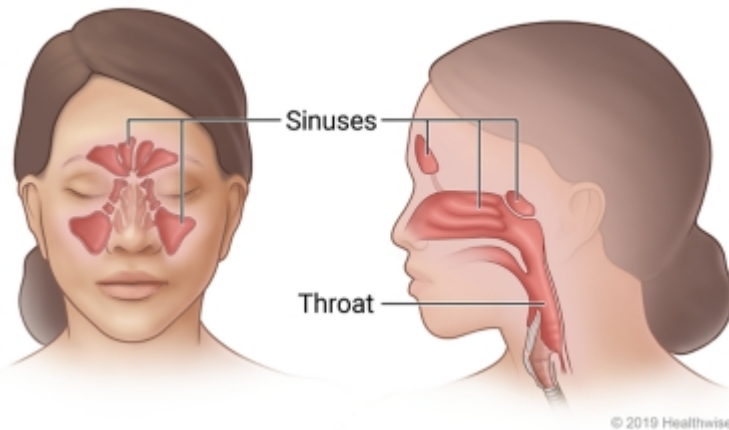
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Saline Nasal Washes: Care Instructions



Overview

Saline nasal washes help keep the nasal passages open by washing out thick or dried mucus. This simple remedy can help relieve symptoms of allergies, sinusitis, and colds. It also can make the nose feel more comfortable by keeping the mucous membranes moist. You may notice a little burning sensation in your nose the first few times you use the solution, but this usually gets better in a few days.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- You can buy premixed saline solution in a squeeze bottle or other sinus rinse products at a drugstore. Read and follow the instructions on the label.
- You also can make your own saline solution by adding 1 teaspoon of non-iodized salt and 1 teaspoon of baking soda to 2 cups of distilled or boiled and cooled water.
- If you use a homemade solution, use a squeeze bottle or neti pot to get the solution into your nose. Room temperature or slightly warmed water may be more comfortable. Make sure it isn't hot.
- Stand over the sink with your head tilted forward and slightly to one side. Put only the tip of the syringe or squeeze bottle into the nostril that is farther away from the sink. (The nostril closest to the sink will drain the fluid.) Gently squirt the solution into the nostril and toward the back of your head with your mouth open. The solution should flow out the other nostril. Repeat on the other side. Some sneezing and gagging are normal at first.
- Gently blow your nose.
- Clean the syringe or bottle after each use.
- Repeat this 2 or 3 times a day.
- Use nasal washes gently if you have nosebleeds often.

When should you call for help?



Watch closely for changes in your health, and be sure to contact your doctor if:

- Your symptoms do not get better.
- You have problems doing the nasal washes.

Where can you learn more?

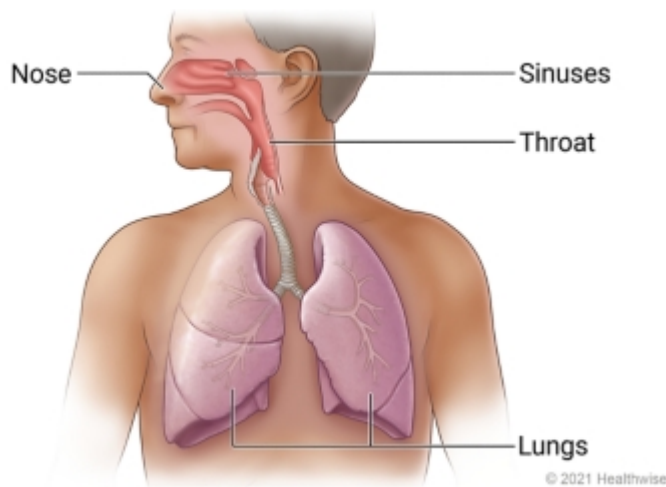
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Learning About COPD and Upper Respiratory Infections



What are upper respiratory infections?

An upper respiratory infection, also called a URI, is an infection of the nose, sinuses, or throat. Viruses or bacteria can cause URIs. Colds, the flu, and sinusitis are examples of URIs. These infections are spread by coughs, sneezes, and close contact.

How do these infections affect COPD?

Colds, the flu, and other upper respiratory infections can make COPD symptoms worse. These symptoms include having too much mucus in your lungs, coughing, and being short of breath.

How can you care for yourself at home?

- To prevent dehydration, drink plenty of fluids. Choose water and other clear liquids until you feel better. If you have kidney, heart, or liver disease and have to limit fluids, talk with your doctor before you increase the amount of fluids you drink.
- Ask your doctor if you can take an over-the-counter pain medicine, such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen (Aleve). Be safe with medicines. Read and follow all instructions on the label. No one younger than 20 should take aspirin. It has been linked to Reye syndrome, a serious illness.
- Be careful when taking over-the-counter cold or flu medicines and Tylenol at the same time. Many of these medicines have acetaminophen, which is Tylenol. Read the labels to make sure that you are not taking more than the recommended dose. Too much acetaminophen (Tylenol) can be harmful.
- Get plenty of rest.
- Use saline (saltwater) nasal washes to help keep your nasal passages open and wash out mucus and allergens. You can buy saline nose sprays at a grocery store or drugstore. Follow the instructions on the package. Or you can make your own at home. Add 1 teaspoon of non-iodized salt

and 1 teaspoon of baking soda to 2 cups of distilled or boiled and cooled water. Fill a squeeze bottle or neti pot with the nasal wash. Then put the tip into your nostril, and lean over the sink. With your mouth open, gently squirt the liquid. Repeat on the other side.

- Use a vaporizer or humidifier to add moisture to your bedroom. Follow the instructions for cleaning the machine.
- Do not smoke or allow others to smoke around you. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.

How can you help prevent upper respiratory infections?

There are several things you can do to help prevent colds and other upper respiratory infections (URIs):

- Wash your hands often.
- Be extra careful in winter and when you're around people with colds.
- Keep your hands away from your face. Your nose, eyes, and mouth are the most likely places for germs to enter your body.
- Eat well, and get plenty of sleep and exercise. This keeps your body strong so it can fight URIs.
- Don't smoke. Smoking makes it easier to get a URI and harder to get rid of one.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

Where can you learn more?

Go to <https://www.healthwise.net/patiented>

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Learning About the Safe Use of Antibiotics



Introduction

Antibiotics are drugs used to kill bacteria. Bacteria can cause infections. These include strep throat, ear infections, and pneumonia.

These medicines can't cure everything. They don't kill viruses or help with allergies. They don't help illnesses such as the common cold, the flu, or a runny nose. And they can cause side effects.

There are many types of antibiotics. Your doctor will decide which one will work best for your infection. Examples include:

- Amoxicillin.
- Cephalexin (Keflex).
- Ciprofloxacin (Cipro).

What are the possible side effects?

Side effects can include:

- Nausea.
- Diarrhea.
- Skin rash.
- Yeast infection.
- A severe allergic reaction. It may cause itching, swelling, and breathing problems. This is rare.

You may have other side effects or reactions not listed here. Check the information that comes with your medicine.

Should you take antibiotics just in case?

Don't take antibiotics when you don't need them. If you do that, they may not work when you do need them.

Each time you take antibiotics, you are more likely to have some bacteria that survive and aren't killed by the medicine. Bacteria that don't die can change and become even harder to kill. These are called antibiotic-resistant bacteria. They can cause longer and more serious infections. To treat them, you may need different, stronger antibiotics that have more side effects and may cost more.

So always ask your doctor if antibiotics are the best treatment. Explain that you do not want antibiotics unless you need them.

Help protect the community

Using antibiotics when they're not needed leads to the development of antibiotic-resistant bacteria. These tougher bacteria can spread to family members, children, and coworkers. People in your community will have a risk of getting an infection that is harder to cure and that costs more to treat.

How can you take antibiotics safely?

Be safe with medicine. Take your antibiotics as directed. Do not stop taking them just because you feel better. You need to take the full course of medicine. This will help make sure your infection is cured. It will also help prevent the growth of antibiotic-resistant bacteria.

Always take the exact amount that the label says to take. If the label says to take the medicine at a certain time, follow those directions.

You might feel better after you take an antibiotic for a few days. But it is important to keep taking it for as long as prescribed. That will help you get rid of those bacteria that are a bit stronger and that survive the first few days of treatment.

Where can you learn more?

Go to <https://www.healthwise.net/patiented>

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