

# Treatment of a Common Cold Cheat Sheet by jamietamn via cheatography.com/177390/cs/41273/

# **Symptoms**

## Cold symptoms are usually self-limiting and last 7-14 days.

- · Sore throat (mild-moderate pain)
- · Congestion, runny noise, sneeezing
- · Non-productive cough
- · Low-grade fever, chills, headache, malaise, muscle pain

Exclusions to Self-Treatment	
Oral fever >100.4°F	Chest pain
Shortness of breath	Worsening of symptoms
Development of new symptoms during self-treatment	Concurrent chronic cardiopul- monary diseases
AIDS	Chronic immunosuppressant therapy
Frail patients of advanced age	Infants younger than 3 months of age
Hypersensitivity to recommended OTC meds	

# **Special Populations**

## Pregnancy/Lactation

- · Avoid extra-strength, long-acting, or combination products.
- · Avoid systemic decongestants during the first trimester.
- Oxymetazoline (Afrin) nasal spray is preferred during pregnancy.
- Most products are safe for breastfeeding, but decongestants may reduce milk supply.

#### Geriatrics

- · May have more adverse effects to drugs
- · May have other health conditions that may affect treatment choices

# Pediatrics

- Lack of clinical evidence for safety and efficacy for <2 y/o
- FDA requires product-specific dosing devices
- Manufacturers may voluntarily label products with "Do not use in children under 4 years of age."

## **Treatment Goals**

## Treatment is targeted at individual symptoms.

- (1) Reduce bothersome symptoms
- (2) Prevent transmission

## **Treatment Options**

# Nonpharmacological = mainstay of treatment

Increased fluid intake Chicken soup or other broth soups

Adequate rest Breathe Right nasal strips

Nutritious diet Aromatic oils (camphor, menthol, eucaly-

Increased humidific- ptus)

ation Sleeping upright
Saline nasal Nasal aspirators

sprays/drops Alcohol-based hand sanitizers
Salt gargles Lysol and Kleenex Anti-Viral tissues

Hot teas with lemon

& honey

# Pharmacological

Decongestants (for ≥4 y/o)

Systemic: pseudoephedrine

Intranasal: phenylephrine, oxymetazoline,

xylometazoline

Antihistamines Azelastine nasal spray (for ≥6 y/o)

Local Anesthetics Cepacol (for ≥2 y/o)

Sucrets

Systemic Analgesics Aspirin (for adults)

acetaminophen ibuprofen naproxen

Protussives Guaifenesin

Complementary Zinc
Therapy Vitamin C

Vitamin D



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