

## UPPER RESPIRATORY INFECTION INFORMATION HANDOUT

### URTI:

- Also known as the common cold
- Caused by viruses (most common Rhino-virus)
- Spread by nasal secretions
- Self-limiting (will go away on its own in 1-3 weeks)

### Symptoms:

- Runny nose
- Congestion
- Headache
- Fever/chills
- Nausea/vomiting
- Body Aches
- Sore Throat

### Treatment:

- Treat symptoms – NO need for antibiotics
- No over the counter cough/cold medications for children under 4 years of age except Tylenol/Advil as needed
- Rest
- Hydrate (drink at least 8 cups of fluid per day)
- Humidifier
- Nasal saline rinse 3-4 times per day (e.g. Hydrasense) x 3 weeks
- Children:
  - Honey buckwheat
  - Vapor rub on chest/back
  - Zinc sulphate 15ml/mg x 10 days
  - *Pelargonium sidoides* (geranium) extract (Umcka Coldcare) x 7 days
  - Inhaled steroids as needed
  - Nasal irrigation 6-10 years of age x 3-9ml/nostril x up to 3 weeks
- Over the counter medications: Tylenol, Advil, Sudafed, Benalyn (take as directed)

### Prevention:

- Hand hygiene
- **Immunizations**
- Vitamin C (Dosage: 0.2-2mg daily)
- Zinc sulphate (Dosage 1-12 years old – 15mg/5ml, >12 years old 10mg daily), Zinc lozenges for adults
- Garlic (Adults)



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