



## CONSULTANTS IN MEDICAL ONCOLOGY AND HEMATOLOGY, PC

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## RESPIRATORY INFECTION MANAGEMENT

### RESPIRATORY INFECTION:

Infection of the head or chest, caused usually by a virus, and occasionally, by bacteria.

### SYMPTOMS OF RESPIRATORY INFECTIONS:

Fatigue, sneezing, nasal and ear congestion, runny nose, headache, scratchy or sore throat, cough.

### TREATMENT OF RESPIRATORY INFECTIONS:

Take your temperature between 4 to 7 PM daily → Call if temperature equal to or above 100.4.

Get plenty of rest.

Drink 6 to 8 glasses of fluid daily (Chicken soup, Gatorade, juice, water, hot tea with honey and lemon).

Try using a humidifier when sleeping to loosen secretions.

For sore throat, gargle as needed with salt water (1/4 teaspoon salt in 8 ounces warm water).

For nasal dryness or mucus: Use saline nasal spray or drops or gel (i.e. Ocean, Ayr).

### OVER THE COUNTER MEDICATIONS FOR "COLDS" AND FLU:

Read the labels on all medications that you take.

Do not mix different cold preparations, since they may counteract.

If you do take an over the counter medication, please inform us, so we can add to your medication list.

Try specific over the counter medications:

Throat soreness: Use lozenges.

Congestion: Guaifenesin (Mucinex) 1200 mg every 12 hours to loosen congestion.

Do not use cough suppressant for a cough with thick mucus:

You need to cough up the mucus.

DRY Hacking Cough: Robitussin DM 1 teaspoon every 6 hours AS NEEDED for cough at night.

Pain: Acetaminophen (Tylenol) 650 mg every 6 hours as needed or

Ibuprofen (Motrin, Advil) 400 mg every 6 hours as needed (with food).

### PRESCRIBED MEDICATIONS:

If you have a bacterial infection, an antibiotic may be prescribed. Take as prescribed until completed.

If you have the FLU, anti-viral medication may be prescribed. Take as prescribed until completed.

### WHEN TO CALL:

Please call if you are concerned - on any day -at any time- about any issue!

Please call EARLY if you are not well, so that office visit may be scheduled if needed.

You have chest pain, shortness of breath or difficulty breathing (call 911).

You have Temperature above 100.4. or shaking chills.

You are lightheaded or dizzy or weak.

You have muscle aches and pains.

You have a severe headache or facial pain.

You cough up bloody or thick yellow or green mucus.

You are unable to eat or drink.

You feel worse, or your symptoms become worse.