

AUM STUDENT HEALTH CENTER INSTRUCTION SHEET
PHONE 334-244-3281

Name: Emily Shimaz Date: 9/27/18

The practitioner I saw today was:

☐ Carol Stewart, CRNP
☒ Melodye M. Harvey, CRNP

My Problem:

- ☒ Upper Respiratory Infection
☐ Influenza A/B
☒ Sinusitis
☐ Rhinitis Allergic/Viral
☒ Pharyngitis

What medications do I need to take?

For Pain or Fever: if needed

- ☒ Acetaminophen (Tylenol) regular strength (325 mg) - 2 every 4 hours, as needed
☐ Extra Strength Acetaminophen - 2 tabs up to 4 times a day, as needed
☒ Ibuprofen/Advil/Motrin (same active ingredient) - 2 every 6 hours, as needed

For Congestion or Cough:

- ☒ Mucinex DM twice daily
☒ Nasal saline rinses; thin mucous, decrease drainage
☐ Elevate head off of bed 15-20-degree
☒ Claritin, Zyrtec, or Xyzal

For Sore Throat:

- ☒ Warm salt water (1/2 tsp to 1 cup) gargle
☒ Lozenges or sprays

Other:

- ☒ Get more than usual amount of rest.
☒ Drink plenty of fluids (2-3 liters a day). Water is best, some juices, Gatorade is ok.
☐ Humidify air; vaporizer, humidifier. Keep filters clean.
☒ May take 3-7 days to get better. If you have a fever over 101 degrees Fahrenheit for more than 3-7 days, call the clinic. If you are not getting better or are getting worse, call the clinic.

☐ If you are having trouble breathing call 911 or go to the ER.

☒ Other Notes: Flonase, Rhinacort, Nasacort

Certificate For Return to Work/School

Name: Emily Shimaz
Was seen on 9/27/18 at 1:30 am/pm
and is able to return to work/school on: 10/1/18
Nature of illness or injury: _____

☐ Restrictions: _____ ☐ Restricted Physical Exertion: _____

☐ Light Work: _____ ☐ Avoid _____ for _____ number of days

☐ Limited Physical Exertion: _____ ☐ Other: _____

CRNP/RN: M Harvey CRNP Date: 9/27/18
Phone (334) 244-3281 Fax (334) 244-3243