

AUM STUDENT HEALTH CENTER INSTRUCTION SHEET

PHONE: 244-3281

My Name: Jiwan OH

Today's Date: 10-20-17

The Practitioner I saw today was: Carol Stewart, CRNP Audrey Novchich, 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:

☐ Acetaminophen(Tylenol) regular strength (325 mg)-2 tabs every 4 hours

☒ Extra Strength Acetaminophen 2 tablets up to 4 times a day

☒ Ibuprofen/Advil/Motrin (same active ingredient) 2-4 200mg tabs every 6/8 hours

For Congestion or Cough:

☐ Mucinex DM twice a day

☐ Nasal Saline rinses; thin mucous, decrease congestion, decrease postnasal drainage

☐ Elevate head of bed 15-20 degrees to decrease congestion and promote sinus drainage

For Sore Throat:

☒ Warm salt water (1/2 tsp to 1 cup) gargle every 2-3 hours; thins mucous and soothes

☒ Lozenges or sprays

Other:

☐ Get more than the usual amount of rest. Limit extra activities until you are well.

☐ Drink plenty of fluids (2-3 liters/day). Water is best, some juice, Gatorade okay.

☐ Humidify air: vaporizer, humidifier. Keep filters clean.

☐ May take 10-14 days to get better. If you have a fever over 101 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