



Cold and Flu

The most important things you can do to help your immune system is to stay well hydrated and rested. You should be drinking 3 quarts of water a day when you are sick. Hydration helps your body flush out toxin and keeps your immune system functioning. You should get at least 8 hrs of sleep at night and take frequent naps when you are sick, or simply stay in bed. It is also recommended to get your Flu shot.

Medications for Colds/Flu/Viruses

Sudafed (pseudoephedrine): 60 mg tab every 4-6 hrs for sinus congestion

Tylenol (acetaminophen) regular strength: two 325 mg tabs every 4-6 hrs for fever and pain

Tylenol (acetaminophen) extra strength: two 500 mg tabs every 6hrs for fever and pain

DO NOT take more than 4,000 mg of acetaminophen in a 24-hr period

Robitussin DM (Dextromethorphen and guaifenesin) 10ml every 4hrs for cough

Afrin Nasal Spray- use as directed for nasal congestion

Ocean Mist/Saline Nose Spray- use as needed for nasal congestion

Gargle with warm salt water for sore throat relief

Treatment for stomach virus

Immodium (loperamide) 2 tabs once then one after each loose stool

Electrolyte replacement drink such as Gatorade

When to call the midwives

Fever over 100.4 that does not respond to Tylenol.

Vomiting and diarrhea lasting more than 24 hrs or not improving after 12 hrs.

Difficulty breathing