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Upper Respiratory Infections (URI's)

What is it?

Most URI's are Viral in nature making antibiotics useless to help as these work on bacterial infections. In fact Antibiotics could be harmful causing rashes, diarrhea, and gut infections. The best thing to do for a viral issue is focus on reducing the symptoms. Nonetheless, bacterial infections can occur or develop.

Here is what you need to look for in a Bacterial infection:

- Symptoms last longer than 2 weeks.
- You start to get better then get a lot worse.
- Fever over 102.

A cough typically indicates a viral infection rather than a bacterial one.

Treatments

Treat each symptom rather than in general. No need to treat for a cough if there is just congestion.

Congestion

Adults:

- Sudafed as a decongestant. (It may raise your blood pressure so please check with your provider before using)
- Afrin as a decongestant as well as helps with stuffy nose and difficulty breathing at night. (One spray each side twice a day, no more than 3 days)
- Antihistamines such as Zyrtec (non-sedating) and Benadryl (sedating) works good for allergies.
- Flonase as a nasal steroid.
- Nasal sinus rinse to clear sinuses and get out snot. You can get saline rinses OTC.

Children should not use decongestants, you can use Benadryl based on age, nasal saline, and suctioning with bulb suction.

Cough

- Honey is the best option, natural and works for both cough and sore throat. Best when drank in a warm beverage like tea.
- Cough suppressant: (Robitussin/Delsym) these are the best OTC options. They work as well as other that have codeine but with fewer side effects.
- Expectorant: (Mucinex) while many studies have shown this to be less effective, if it does help you then it is fine to use. It does cause some unwanted side effect.

Pain/Aches/Chills

- Ibuprofen – (Advil/Motrin) good to take as long as you aren't on any other NSAIDS and do not have kidney disease.
- Acetaminophen – (Tylenol) Good to take as long as you aren't on med with Acetaminophen already and you don't have Liver disease.

Sore Throat

- Chloraseptic Spray – works to numb the back of the throat.
- Saltwater gargles. Mix one teaspoon of salt in warm water and gargle for 30 sec 3x/day. Follow with a Warm tea and Honey.

Get plenty of sleep, wash your hands and use sanitizer.

MEMBERS: As always, your provider is just a phone call or text message away. It's better to be safe than sorry. Reach out if you are worried or if this protocol isn't helping.