

Symptoms

Cold symptoms are usually self-limiting and last 7-14 days.

- Sore throat (mild-moderate pain)
- Congestion, runny nose, sneezing
- Non-productive cough
- Low-grade fever, chills, headache, malaise, muscle pain

Exclusions to Self-Treatment

Oral fever >100.4°F	Chest pain
Shortness of breath	Worsening of symptoms
Development of new symptoms during self-treatment	Concurrent chronic cardiopulmonary diseases
AIDS	Chronic immunosuppressant therapy
Frail patients of advanced age	Infants younger than 3 months of age

Hypersensitivity to recommended OTC meds

Special Populations

Pregnancy/Lactation

- Avoid extra-strength, long-acting, or combination products.
- Avoid systemic decongestants during the first trimester.
- Oxymetazoline (Afrin) nasal spray is preferred during pregnancy.
- Most products are safe for breastfeeding, but decongestants may reduce milk supply.

Geriatrics

- May have more adverse effects to drugs
- May have other health conditions that may affect treatment choices

Pediatrics

- Lack of clinical evidence for safety and efficacy for <2 y/o
- FDA requires product-specific dosing devices
- Manufacturers may voluntarily label products with "Do not use in children under 4 years of age."

Treatment Goals

Treatment is targeted at individual symptoms.

- (1) Reduce bothersome symptoms
- (2) Prevent transmission

Treatment Options

Nonpharmacological = mainstay of treatment

Increased fluid intake	Chicken soup or other broth soups
Adequate rest	Breathe Right nasal strips
Nutritious diet	Aromatic oils (camphor, menthol, eucalyptus)
Increased humidification	Sleeping upright
Saline nasal sprays/drops	Nasal aspirators
Salt gargles	Alcohol-based hand sanitizers
Hot teas with lemon & honey	Lysol and Kleenex Anti-Viral tissues

Pharmacological

Decongestants	(for ≥4 y/o) Systemic: pseudoephedrine Intranasal: phenylephrine, oxymetazoline, xylometazoline
Antihistamines	Azelastine nasal spray (for ≥6 y/o)
Local Anesthetics	Cepacol (for ≥2 y/o) Sucrets
Systemic Analgesics	Aspirin (for adults) acetaminophen ibuprofen naproxen
Protussives	Guaifenesin
Complementary Therapy	Zinc Vitamin C Vitamin D

