

# Cold Remedies & Checklist



| Symptom                 | Use home remedies if:   | Call your doctor if *:   | Home Remedies*   |
|-------------------------|---|--|--|
| <b>Runny Nose</b>       | <input type="checkbox"/> You have had symptoms for less than 2 weeks<br><input type="checkbox"/> Nasal discharge is clear or white<br><input type="checkbox"/> Nasal discharge is green or yellow in the morning, but becomes clear, white, or dries up later in the day          | <input type="checkbox"/> Symptoms continue for more than 2 weeks<br><input type="checkbox"/> Nasal discharge is yellow, green, or bloody for more than 3 days<br><input type="checkbox"/> You experience increasing facial pain<br><input type="checkbox"/> 3 months of age or younger                 | <ul style="list-style-type: none"> <li>• Stop smoking</li> <li>• Use salt water drop as directed (see recipe below)</li> <li>• Drink plenty of fluids--use caution</li> <li>• Use steam, such as a vaporizer, hot shower, or a pan of hot water</li> <li>• Place warm washcloths on your forehead &amp; cheeks to loosen sinus congestion</li> </ul> |
| <b>Sore Throat</b>      | <input type="checkbox"/> You have had symptoms for less than 2 weeks<br><input type="checkbox"/> You do not experience pain when swallowing<br><input type="checkbox"/> You do not have a fever<br><input type="checkbox"/> You have not been in recent contact with Strep throat | <input type="checkbox"/> Symptoms continue for more than 2 weeks<br><input type="checkbox"/> You experience pain when swallowing and have swollen glands and/or fever<br><input type="checkbox"/> You have had recent contact with Strep throat<br><input type="checkbox"/> 3 months of age or younger | <ul style="list-style-type: none"> <li>• Gargle 4-6 times a day with salt water</li> <li>• Suck on hard candy or throat lozenges (ages 12 &amp; up) - Use caution if you have diabetes</li> <li>• If nasal drainage is irritating to the throat, use salt water nose drops</li> </ul>  |
| <b>Hoarseness</b>       | <input type="checkbox"/> You have had symptoms for less than 2 weeks  | <input type="checkbox"/> Symptoms continue for more than 2 weeks<br><input type="checkbox"/> 3 months of age or younger  | <ul style="list-style-type: none"> <li>• Rest your voice; do not whisper</li> <li>• Try not to cough</li> <li>• Suck on hard candy (ages 12 &amp; up) - Use caution if you have diabetes</li> <li>• Sip water</li> <li>• Use steam inhalation to moisturize your throat</li> </ul>   |
| <b>Dry Cough</b>        | <input type="checkbox"/> You are not coughing up yellow, green, brown, or bloody sputum<br><input type="checkbox"/> You do not have a fever   | <input type="checkbox"/> You cough up yellow, green, brown, or bloody sputum for more than 3 days<br><input type="checkbox"/> You have a fever of more than 100 degrees Fahrenheit<br><input type="checkbox"/> You are wheezing<br><input type="checkbox"/> 3 months of age or younger                 | <ul style="list-style-type: none"> <li>• Stop smoking</li> <li>• Suck on hard candy or lozenges (ages 12 &amp; up) - Use caution if you have diabetes</li> <li>• Use steam inhalation to moisturize your throat</li> <li>• Try the cough suppressant dextromethorphan</li> <li>• Drink plenty of fluids--use caution</li> </ul>                      |
| <b>Productive Cough</b> | <input type="checkbox"/> You have had symptoms for less than 2 weeks<br><input type="checkbox"/> Your coughing does not produce a thick, yellow, or greenish sputum   | <input type="checkbox"/> Symptoms continue for more than 2 weeks<br><input type="checkbox"/> Coughing produces a thick, yellow, or green sputum for more than 3 days<br><input type="checkbox"/> You are wheezing<br><input type="checkbox"/> 3 months of age or younger                               | <ul style="list-style-type: none"> <li>• Stop smoking</li> <li>• Use steam</li> <li>• Drink plenty of fluids--use caution</li> <li>• Use a cough syrup with an expectorant (ages 12 &amp; up)</li> </ul>   |
| <b>Plugged Ears</b>     | <input type="checkbox"/> You have had symptoms for less than 2 weeks<br><input type="checkbox"/> You do not experience pain or discharge from the ear   | <input type="checkbox"/> Symptoms continue for more than 2 weeks<br><input type="checkbox"/> You experience pain or discharge from the ear   | <ul style="list-style-type: none"> <li>• Use salt-water nose drops (see recipe below). If drops do not help, try pseudoephedrine (Sudafed) as directed. (ages 12 &amp; up) Use caution if you have hypertension</li> </ul>   |
| <b>Fever</b>            | <input type="checkbox"/> Your fever is less than 100 degrees Fahrenheit<br><input type="checkbox"/> Your fever did not begin after the 3rd day of your cold   | <input type="checkbox"/> Your fever is more than 100 degrees Fahrenheit for more than 3 days<br><input type="checkbox"/> A fever more than 100 degrees Fahrenheit begins after the 3rd day of your cold<br><input type="checkbox"/> 3 months of age or younger   | <ul style="list-style-type: none"> <li>• Drink plenty of fluids – Use caution if you are on a fluid restriction</li> <li>• Take ibuprofen (Advil) or acetaminophen (Tylenol) if fever is 100 degrees Fahrenheit for more than 3 days</li> </ul>  |

**Salt-water nose drop recipe:** Boil 1 cup of water and let it cool to room temperature. Add ¼ teaspoon of table salt and put the solution in a dropper or spray bottle. Apply 2-3 drops or squirt spray 4 times a day, as needed. Blow your nose gently after applying. Make a new solution every 7 days. Saline nasal spray can be purchased over-the-counter at any pharmacy or drug store. Do not share sprayers/droppers with any other family members.

\* You can also talk to a nurse 24 hours a day, 7 days a week by calling NurseWise at 866-246-4358 Follow the voice prompts

**BuckeyeHealthPlan.com**  
 NurseWise: 866-246-4358 (Follow the voice prompts)  
 Member Services  
**866-246-4358**  
 TTY 800-750-0750

# The Do's and Don'ts of Cold & Flu Prevention



You can talk to a nurse 24 hours a day, 7 days a week by calling NurseWise at 866-246-4358 Follow the voice prompts

| Do:  | Don't:  |
|--|---|
| <ul style="list-style-type: none"> <li>Wash your hands often with soap and hot water for at least 30 seconds</li> <li>Cover your mouth and nose with a tissue when sneezing or coughing</li> <li>Maintain a regular exercise schedule</li> <li>Get plenty of rest</li> <li>Eat a balanced diet</li> <li>Drink plenty of water</li> <li>Call NurseWise at 866-246-4358 Follow the voice prompts if you have any questions or experience problems</li> </ul> | <ul style="list-style-type: none"> <li>Touch your eyes, mouth, or nose</li> <li>Share food, eating utensils, drinking glasses, pens and pencils, towels, or other personal items</li> <li>Keep an irregular sleeping schedule</li> <li>Reuse or share water bottles</li> <li>Use tobacco products</li> <li>Go to work or school if sick</li> <li>Have prolonged contact with others who are sick</li> </ul> |

## Non-Prescription Pain Relievers

|                                       | Acetaminophen<br>(For pain and fever)   | Ibuprofen, Naproxen<br>(For pain, fever, & inflammation)   |
|---------------------------------------|---|--|
| <b>Particularly Effective Against</b> | <ul style="list-style-type: none"> <li>Simple headaches, aches/pains due to colds, muscle stiffness, or toothaches</li> <li>Sprains, will relieve pain, but not inflammation when used the first 2-3 days</li> </ul>                        | <ul style="list-style-type: none"> <li>Simple headaches, aches/pains due to colds, arthritis, toothaches, or muscle stiffness</li> <li>Superior relief of menstrual cramps</li> <li>Sprains</li> </ul>   |
| <b>Warnings</b>                       | <ul style="list-style-type: none"> <li>Do not use if you have an alcohol problem or a liver kidney disease</li> <li>Use only in prescribed doses</li> <li>Do not use in pregnancy unless instructed by your health care provider</li> </ul> | <ul style="list-style-type: none"> <li>Do not use if allergic to aspirin</li> <li>Ask your health care provider about taking these drugs if you have an ulcer</li> <li>Do not use in pregnancy unless instructed By your health care provider</li> </ul> |
| <b>Possible Side Effects</b>          | <ul style="list-style-type: none"> <li>Skin rash</li> <li>Liver damage may result from high doses over long periods of time</li> </ul>  | <ul style="list-style-type: none"> <li>Nausea, dizziness, rash</li> <li>Interference with antihypertensive drugs and diuretics</li> <li>Stomach upsets, but less likely to cause than aspirin</li> <li>Ringing in the ears (from high doses)</li> </ul>  |
| <b>Selecting a Drug</b>               | <ul style="list-style-type: none"> <li>Effective in reducing less severe pain and fever</li> </ul>  | <ul style="list-style-type: none"> <li>Superior relief of menstrual cramps</li> <li>Alternative for people whose stomachs are irritated by aspirin</li> </ul>  |

## What about antibiotics?

Antibiotics are used to inhibit the growth of bacteria and are not effective against viral infections. Antibiotics should only be taken when prescribed for a specific infection. In order to achieve the maximum effectiveness, complete the entire prescription. Do not stop taking the antibiotic when your symptoms are relieved. Improper use of antibiotics encourages bacteria to develop resistance to these drugs and eventually the antibiotics will no longer be effective.

**Over-the-counter pain relievers are covered by Medicaid if you have a physician prescription. You may want to ask your physician for a prescription in advance to have these on hand.**

### BuckeyeHealthPlan.com

You can also call NurseWise if you want to talk to someone about a health problem that you're having. NurseWise is available 24-hours, every day, at 866-246-4358, Follow the voice prompts.

Member Services

**866-246-4358**

TTY 800-750-0750

Follow Buckeye on Twitter at Buckeye\_Health