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## SELF-CARE AT HOME

Increase rest and fluids. Avoid exposure to tobacco smoke. Avoid alcohol use.  
Notify office if no improvement in 1 week.

### Vitamin Supplements:

- Vitamin C 500mg daily
- Vitamin D 5000IU daily
- Zinc 50mg daily
- Melatonin 2mg at bedtime
- Quercetin 250mg twice a day

### Sore Throat

- Oral analgesics
  - Ibuprofen 600-800mg every 8 hours as needed (adults max. 2,400 mg/day)
  - Acetaminophen (Tylenol) 500-1,000mg every 6-8 hours as needed (adults max. 4,000 mg/day)
  - For pediatrics, follow dosing guidelines on medication packaging
- Topical treatments
  - Throat lozenge (Cepacol) or spray
  - Warm salt water gargles
  - Ice chips or popsicles
  - Warm tea with honey
  - Soups
- Cool mist humidifier
- Avoid exposure to tobacco smoke

### Cough

- Delsym
- Dry cough – medications with **dextromethorphan** (cough suppressant)
- Wet cough – add **guaifenesin** (expectorant) – Robitussin DM or Mucinex DM
- Dayquil and Nyquil
- Cough drops
- Cool mist humidifier at bedside for night-time cough

### Congestion

- Vicks Vapor Rub
- Pseudoephedrine (avoid if hypertension or high blood pressure ; instead use Coricidin HBP)
- Guaifenesin
- Flonase nasal spray – 1-2 sprays per nostril once daily for 7-14 days
- Saline nasal irrigations
- Allergy medications (Claritin, Zyrtec, etc.)

### Fever

- Ibuprofen 600-800mg every 8 hours as needed (adults max. 2,400 mg/day)
- Acetaminophen (Tylenol) 500-1,000mg every 6-8 hours as needed (adults max. 4,000 mg/day)