



VIRAL ILLNESS (ADULT)

Difference between COVID-19, the flu and a cold			
Signs/Symptoms	COVID-19	Flu	Cold
Symptom onset	Varies	Abrupt	Gradual
Fever	Often	Often	Rare
Cough	Often (usually dry)	Often	Often
Aches	Sometimes	Often	Slightly
Sneezing/stuffy or runny nose	Often	Sometimes	Often
Sore throat	Often	Sometimes	Often
Chest discomfort/cough	Often	Often	Sometimes
Loss of taste and/or smell	Sometimes	Rare	Rare
Headache	Often	Sometimes	Sometimes

Reference: Mayo Clinic Staff, "COVID-19, cold, allergies, and the flu: What are the differences?" Accessed 10 September 2022. <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/covid-19-cold-flu-and-allergies-differences/art-20503981>

TREATMENT

Most viral illnesses can be managed at home without needing to see a provider. Antibiotics will not help because colds, flus and COVID-19 are viruses and not bacterial infections. Certain over-the-counter items (see back of page) can help you manage mild to moderate symptoms. All of these items can be purchased at the Base Exchange or can be given at the 374 MDG Pharmacy OTC (over the counter) Program (M-F 0730-1630). In addition, you are encouraged to rest and drink plenty of fluids. Try to strengthen your immune system with Vitamin C and Zinc (supplements or eating citrus fruits). Per the AFI, your supervisor is allowed to give you 24 hour quarters at their discretion.

WHEN TO SEE THE DOCTOR

Call the Nurse Advice Line 225-8864 option#3 or go to Urgent Care Clinic if:

- Your fever is greater than 103 F or is lower and **DOES NOT** improve with medication over 24 to 48 hours
- You're having trouble keeping food or fluids down after 24 hours
- Your cough persists for 10-14 days with return of fever
- Your congestion or headache lingers and **DOES NOT** improve with medication
- You experience difficulty breathing or chest pain



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Symptoms and OTC Medications		
Symptom	Over-the-Counter Medication	Instructions
Fever, sore throat and/or pain relief	Ibuprofen (Advil, Motrin) OR Aleve OR Acetaminophen (Tylenol)	200mg three to four tabs every six to eight hours 1 tab every 12 hours 325mg, take up to three tabs every six hours (no more than 3000mg per 24 hours)
Congestion of sinuses, ears and/or chest	Pseudoephedrine (Sudafed 12 hour) <i>Only available behind the counter at pharmacy</i>	Take a.m. and p.m. while congested
Allergy symptoms or mild congestion	Diphenhydramine 25mg (Benadryl) Loratadine (Claritin) Cetirizine (Zyrtec)	One to two tabs every six hours One tab daily One tab daily
Excess mucus	Guaifenesin (Mucinex) Guaifenesin/Pseudoephedrine (Mucinex D) Guaifenesin/Dextromethorphan (Mucinex DM)	One tab every 12 hours D = a decongestant DM = a cough suppressant
Cough	Dextromethorphan (Delsym 12h) Guaifenesin/Dextromethorphan (Robitussin DM)	Take as directed on the label
Dry sinuses	Nasal saline washes/sprays Vaseline	Take as directed on the label Apply small amount to nasal areas