Health and Wellness

Home Care Instructions for:
Cough  ♦  Congestion  ♦  Sore Throat

- Take ibuprofen (one tablet) four times a day (at meals and bedtime) for inflammation for 10 days. Follow instructions on label. (Ibuprofen is an anti-inflammatory and the generic equivalent of Motrin or Advil. Generic is okay).
- Take Claritin D 24H (unless there is a history of high blood pressure). Follow instructions on label. Claritan D 24H (generic OK) is a combination of an antihistamine (loratadine) and a decongestant (pseudoephedrine). Generic okay.)
- Take 1 Benedryl capsule or tablet at bedtime. Benedryl (diphenhydramine HCL 25 mg - generic) is an antihistamine.
- Take Robitussin D.M. for cough, 2 teaspoons (200 mg), 4 times a day or Mucinex D.M. 1 tablet (600 mg), 2 times a day for 10 days. Follow directions on label. Both medications are a combination of an expectorant/mucous thinner (guiafensen) and a cough suppressant (dextromethophan).
- Breathe steam from a shower for 10-15 minutes to loosen phleg
- Push Fluids: Like Gatorade.
- Gargle and swish mouth with salt water (¼ tsp. salt to ½ cup warm water or 1 tsp. to a 16oz. bottle of water) 4 times per day for 7—10 days.
- Take Hall’s Mentholyptus cough lozenges—1 lozenge 4 times per day.
- If you smoke, decrease or stop smoking. Avoid smog and second hand smoke.

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HEALTH & WELLNESS
LOCATION & CLINIC HOURS
- Health & Wellness is located in the Mountaineer Fitness Center
- Clinic is open and a registered nurse (RN) is available Monday through Friday 9:00 am until 5:00 pm.
- Physician appointments are available on Mondays and Thursdays during the fall and spring semesters 11:00 am until 3:00 pm.
- Call (830) 792-7279 for an appointment or for nursing advice or if unable to keep your appointment.

CONTACT US
Phone: 830-792-7279
health@schreiner.edu

Approved by
Dr. Thomas Noonan

OVER
Report the following to the Health and Wellness Center or Physician
☑ No improvement after 48 hours of home care measures.
☑ Fever greater than 101.0° for more than 24 hours occurs while on ibuprofen.
☑ Yellow, green, brown, or gray sputum develops.
☑ Coughing up blood.
☑ Sore throat persists more than 3 days or worsens.
☑ Earache or chest discomfort.
☑ Difficulty breathing.
☑ Condition worsens.

Seek Emergency Care immediately if the following occurs:
☑ Blue lips or tongue.
☑ Feeling of suffocation.
☑ Fever greater than 103.0°.
☑ Chest pain.

SPECIAL INSTRUCTIONS
Return to clinic for follow up appointment as directed on ____________
or if not better in _____ 2 days or if not completely resolved in ____ 10 days
or if ____ worsening of signs or symptoms occur.

AFTER HOURS
Contact your RD or RA or
Security at 830-739-1111.
Call 911 (9-911) if life threatening emergency.