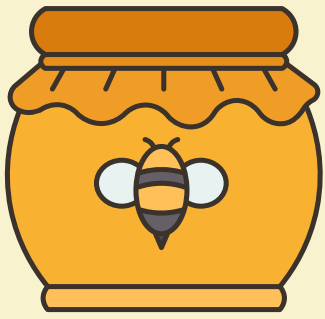


Treating A Viral Infection

Many people have different ways to treat a viral infection. Here are some current evidence-based recommendations on what you can do at home.

Honey



There is ample evidence that eating or drinking honey is safe and effective at treating the symptoms of a cold for those over 1 year old.

Ibuprofen/Acetaminophen



Both of these medications have been shown to reduce fever related discomfort. Additionally, they are safe in children when dosed correctly and alternating them can help reduce daycare absences in children with a fever.

Nasal Saline Irrigation



In children, nasal saline irrigation has been shown to help treat the symptoms of a common cold and reduce school absences.

Decongestants with and without Antihistamines



Oral or nasal decongestants can help relieve congestion and reduce the severity of symptoms. Oral decongestants sold behind the pharmacy counter like pseudoephedrine can be combined with antihistamines for cold symptom relief. Decongestants are only to be used for 3 days maximum to avoid tolerance buildup.

Source <https://www.aafp.org/pubs/afp/issues/2019/0901/p281.html#afp20190901p281-sort6A>

For More Information www.mededmaterials.org

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