



Common Cold Self-Care Instructions

■ Know your symptoms:

- Runny or stuffy nose
- Headache/Body Aches/Tired
- Sore throat
- Cough
- Sinus/ear pressure
- Sneezing
- Feeling hot or cold
- Loss of appetite

■ Know when to seek a medical professional:

- Difficulty drawing air into your lungs
- Pain in the chest that is worse when breathing
- Severe headache (unable to move head)
- Sinus pain on one side of the face
- Severe ear pain
- Confusion
- Inability to swallow your own saliva
- Fever $>103^{\circ}\text{F}$

■ How to treat your symptoms:

1. Take medication from your local pharmacy
2. There is no prescription medication that will help your body get rid of the cold. This will happen over the next 1-2 weeks
3. Help your team mates by COVERING your nose/mouth with tissue when coughing or sneezing and WASH YOUR HANDS

*Active duty are expected to coordinate time off with their unit IAW AFI 41-210 4.14.6.
If active duty present to the clinic and have abnormal vital signs, they may receive quarters.*