

COMMON COLD OR UPPER RESPIRATORY INFECTION

- Most common cause of common cold symptoms and upper respiratory infections is virus. Sometimes the symptoms due to allergies (fever very rarely).
- You have to treat the symptoms
- Gargle with warm water with salt, take Tylenol for fever, take an anti-histamine (Claritin or Zyrtec) or with decongestant (Claritin-D or Zyrtec-D) and cough medication
- You rarely need antibiotics
- Unfortunately, when the patient goes to the doctor, he gives you the anti-biotics because the patient expects to get an antibiotic and it is very hard to convince them otherwise. I hope you are not in this category.
- If you do take antibiotics, take the mildest and for the shortest period necessary