

dr. g's cold/flu season guide

Note: this is not medical advice and should not replace a discussion with your own treating physician. This document was created after compiling helpful over the counter and home remedies from patients and colleagues.

Winter is a beautiful time of the year, but it also brings along various illnesses. With the constant change in temperature and dry air, it's easy to catch a cold or flu. However, being sick doesn't have to be miserable. Here are some tips to help you through your winter sickness.

First off, make sure you are getting enough rest. Your body needs time to fight off the illness, so getting plenty of sleep is essential. Drinking lots of fluids is also crucial to staying hydrated. Warm liquids such as tea or soup can help soothe your throat and loosen congestion.

Second, take over-the-counter medication to relieve your symptoms. Decongestants can help relieve nasal congestion, and pain relievers such as acetaminophen or ibuprofen can help reduce fever and body aches. However, be sure to read the instructions carefully and consult with a doctor if you have any doubts.

Lastly, try to avoid spreading your illness to others. Cover your mouth and nose when you cough or sneeze, and wash your hands frequently with soap and water. Stay home if you're feeling unwell to prevent spreading the illness to others, and mask up if you need to leave the house. Reminder that we are fortunate enough to have vaccinations against flu, COVID and RSV which cause significant respiratory illness.

In conclusion, being sick during the winter can be tough, but with plenty of rest, hydration, and medication, you can make it through. I've gathered up some of the most common remedies used by myself, my patients, and my followers on social media and shared them below. Remember to take care of yourself and stay warm during the chilly winter weather.



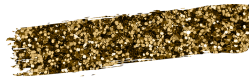


straight off the shelf

Note: if you take other medications, it's important to talk with your physician or pharmacist about how these over the counter meds may interact with your prescribed meds

- Cough
 - Vicks Vapo Rub on the chest and bottoms of feet
 - Coricidin (good for those with cough and high blood pressure)
 - Delsym Cough Medicine: **dextromethorphan containing cough meds help with cough suppression, for dry coughs**
 - Zarbees for kids: **these come in a daytime and nighttime forms to help with sleep (chamomile)**
 - Mucinex: **guaifenesin containing meds help to loosen up mucus in your throat to help you cough it up, for wet coughs**
 - Sudafed: **pseudoephedrine is a decongestant and can make you pretty wired/awake. caution if you have high blood pressure**
 - Dimetapp for kiddos 6 and older
- Congestion/sore throat
 - Afrin nasal spray: **temporary congestion relief**
 - Flonase nasal spray: **great for post nasal drip that causes sore throat**
 - Saline nasal rinses
- General cold/flu symptoms
 - Dayquil/Nyquil: **remember, these contain acetaminophen aka Tylenol. so don't mix with additional tylenol unless instructed by your physician**

Know your meds! *acetaminophen* is also known as Tylenol; *ibuprofen* is also known as Motrin and is the same class of medications as *naproxen* aka Aleve

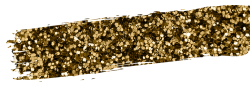


home/herbal remedies

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- Nin Jiom Pei Pa Koa-Chinese herbal throat and cough syrup
- Green tea
- Ginger tea
- Boom boom inhaler stick
- Lemon, honey, and chamomile tea
- Sleep
- Epsom salts baths
- Oscillococcinum
- Black elderberry syrup
- Raw garlic with honey
- Mullein tincture
- Electrolyte rich drinks like liquid IV, LMNT, pedialyte-- **monitor sugar content**
- Fermented foods
- Reishi
- Ashwaghandha
- Foods high in vitamin C (citrus!)

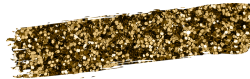
- Fiber and colorful fruits/veggies



dr. g's soothing tea recipe

in a saucepan, bring the following to a boil, then remove from heat and enjoy:

- 8 oz water
- 1 tbsp apple cider vinegar
- 1 tbsp honey
- 1 cinnamon stick
- 1 clove of peeled and smashed garlic
- small piece of peeled ginger



tips and tricks from a PCP

- after a viral infection, cough can last 4-6 weeks in some cases. if you have fever with the cough or it's getting worse, talk with your doctor as it could indicate a bacterial infection
- never underestimate the power of sleep and resting your body
- a fever is technically a temperature over 100.4 degrees F
- the symptoms of COVID, flu, and RSV overlap significantly. getting tested for these infections may be helpful in determining if you need further intervention
- your gut health is key to your immune system. you may not be able to fully prevent getting sick, but a healthy mind and body will help you with resilience and recovery. focusing on fiber, mindfulness, sleep and regular exercise can help your gut stay strong!
- most viral infections last about 5-7 days. but if you are experiencing shortness of breath, chest pain, high fevers, difficulty swallowing, dizziness, or wheezing, contact your physician immediately
- ask your doctor for their recommendation on checking your child's temperature. they may want you to use a rectal thermometer depending on age