



OLD DOMINION UNIVERSITY

- Cool mist humidifier in your room

❖ Runny nose:

- ~~Plan drawer - Antihistamine (Claritin/Zyrtec/Allegra) 1 tablet once a day~~

❖ Sore throat:

by mouth

Drowsy (nighttime use suggested) Diphenhydramine (Benadryl 25mg) 1-2 tablets at bedtime as needed

❖ Cough:

Guaifenesin DM (Robitussin DM/Mucinex DM)- take 2 teaspoons by mouth every 4 hours as needed or package directions or Mucinex DM tablets per package directions