



# Infections & Travel Preparedness

My staff and I are committed to providing the best treatment for you, even while you are away. We are here to listen to your concerns and help you understand the best treatment for you. Use this guide to follow along with infection-related treatment we are likely to recommend for adults. For children's health, please call your pediatrician.

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## IMPORTANT CONTACTS

### We are here for you

Call us if you experience concerning symptoms while you are away. We can advise you on the best treatment.

Our office number: \_\_\_\_\_  
(Dial 00 1 before area code, if international, from most countries)

### Travel pharmacy: \_\_\_\_\_

Note the nearest pharmacy to you while traveling in case you need over the counter medications.

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Adult Symptoms

Home Care

Call us if you're concerned for further treatment

Common Symptoms (Adults only)	Typical Duration and Normal Course	Home Care
<b>Runny Nose/ Sinus Pain/ Sinus Congestion</b>	<ul style="list-style-type: none"> <li>• 7 to 15 days</li> <li>• Generally feel better after 3-4 days</li> </ul>	<ul style="list-style-type: none"> <li>• Nasal decongestants (e.g., oxymetazoline [Afrin] 2 sprays each nostril, up to 5 days)</li> <li>• Oral decongestants (e.g., pseudoephedrine [Sudafed])</li> <li>• Ibuprofen or acetaminophen</li> <li>• Nasal saline</li> </ul>
<b>Sore Throat</b>	<ul style="list-style-type: none"> <li>• 3 to 5 days</li> <li>• Gradual improvement after 3 days</li> </ul>	<ul style="list-style-type: none"> <li>• Ibuprofen or acetaminophen</li> <li>• Throat sprays or lozenges</li> </ul>
<b>Cough</b>	<ul style="list-style-type: none"> <li>• 21 days</li> <li>• Changes from wet and productive cough to dry and annoying</li> </ul>	<ul style="list-style-type: none"> <li>• Rest and fluids</li> <li>• Nighttime cough and cold medications</li> <li>• Ibuprofen or acetaminophen for aches, sore throat, headache</li> <li>• Humidified air</li> </ul>
<b>Influenza/ "The Flu"</b>	<ul style="list-style-type: none"> <li>• 7 to 14 days during flu season</li> <li>• Abrupt onset of high fever, headache, muscle aches, and fatigue</li> <li>• Improvement after the first 3-4 days</li> </ul>	<ul style="list-style-type: none"> <li>• Rest and fluids</li> <li>• Nighttime cough and cold medications</li> <li>• Ibuprofen or acetaminophen for aches, sore throat, headache</li> <li>• If congested, nasal or oral decongestants (see above)</li> </ul>
<b>Diarrhea</b>	<ul style="list-style-type: none"> <li>• Runny or watery stools at least 3 times a day</li> <li>• May feel sick for the first 2 days</li> <li>• Loose stools can last 14 days</li> </ul>	<ul style="list-style-type: none"> <li>• Drink enough fluids so urine is light yellow-to-clear</li> <li>• Bland foods like bananas, rice, applesauce, toast (BRAT), noodles, potatoes, soup, salty foods</li> <li>• Loperamide [Immodium]</li> </ul>
<b>Constipation</b>	<ul style="list-style-type: none"> <li>• 7 days</li> <li>• Stool that is hard, small, difficult to pass</li> <li>• Bowel movements less than 3 times per week</li> </ul>	<ul style="list-style-type: none"> <li>• Drink plenty of water</li> <li>• Eat high-fiber foods like fruits, vegetables, prune juice</li> <li>• Bulk laxatives like psyllium [Metamucil]</li> <li>• Fluid laxatives like polyethylene glycol [MiraLax], lactulose</li> <li>• Stimulant laxatives like senna [Ex-lax] or bisacodyl [Dulcolax]</li> </ul>
<b>Nausea/Vomiting</b>	<ul style="list-style-type: none"> <li>• 1-2 days</li> </ul>	<ul style="list-style-type: none"> <li>• Drink lots of fluids</li> <li>• Soup and other soft, bland foods</li> <li>• Salted crackers, ginger ale</li> </ul>

**Call us if you're concerned.** If your symptoms last longer than the typical duration, call us so we can determine if you need a prescription or need to see immediate care. We will not prescribe antibiotics ahead of symptoms. In case of an emergency call 911 or your local emergency phone number.

### Antibiotics are NOT the first line of defense.

- Antibiotics do not help viral symptoms (many of the symptoms listed above)
- Antibiotics can have significant side effects such as
  - Vomiting, nausea
  - Diarrhea, bloating, indigestion
  - Skin rash
- Antibiotics contribute to antibiotic resistance – bacteria that is able to resist the effects of antibiotics, making infections untreatable