

URI Triage Protocol – for Patients

VIRAL Upper Respiratory Infection

Clues include:

sudden onset severe symptoms (1-2 days)
fever or warmth
child in daycare
known sick contacts

Advil Liquigels OTC 2-3 times per day
(IF NOT ALLERGIC TO NSAIDS such as aspirin or ibuprofen)

Prilosec OTC daily while on Advil

Saline Rinses with 2x salt twice daily

Sudafed OTC 30mg every 4 hours as tolerated for first couple of days

Antihistamine first couple of days may be helpful

Rest, hydration, nutrition

Albuterol every 4 hours as needed for wheezing if asthmatic

STAY HOME YOU ARE CONTAGIOUS