



UPPER RESPIRATORY INFECTIONS

You have been diagnosed with an upper respiratory infection (URI). This is an infection involving the ears, nose, throat and upper airway. It is usually a result of infection by a viral source and causes symptoms such as fever, fatigue, pain in the areas affected, cough, congestion, headache and mucous production.

A URI can last from 5 days to 2 weeks and sometimes longer. The symptoms typically peak in about 3-5 days and then slowly improve. You should be getting better by the 7th day, not worse. Cough and congestion after a URI can last for 4-6 weeks in non-smokers and longer in smokers.

Medications can be used to help the symptoms of a URI, but antibiotics are not effective against viruses and can actually prolong the symptoms by killing normal bacteria in the upper airways, nose and throat. The only agents felt to be helpful in promoting the body's ability to defend itself against viruses are herbals such as Echinacea and Goldenseal. Vitamin C in large doses has been felt to also be helpful.

For preparations available at FirstCare:

Jasons Cold and Flu: Adults take 3 droppers 4 times per day.

Vitamin C 1000 mg: Adults take 2 pills 4 times per day.

RETURN TO FIRSTCARE, GO TO AN EMERGENCY DEPARTMENT, OR SEE YOUR OWN PHYSICIAN IF YOUR CONDITION WORSENS, IF NOT IMPROVED WITH PRESCRIBED TREATMENT, OR NOT IMPROVED IN 48 HOURS. FOLLOW UP WITH YOUR PRIMARY PHYSICIAN OR FIRSTCARE WITHIN 5-7 DAYS.

FirstCare offers Family Practice, Pediatric and Gynecologic care, as well as specialist care in the areas of Cosmetic Dermatology, and Physical Therapy. We also provide school, sports, work and DOT physical examinations, vaccinations such as flu and tetanus, x-rays and skin surgery.

FirstCare Medical Center has the UltraSlim body contouring system for instant fat reduction. Ask us about this revolutionary device.

THANK YOU FOR ALLOWING US THE PRIVILEGE OF PARTICIPATING IN YOUR CARE. IF THERE IS ANYTHING ELSE WE CAN DO FOR YOU OR ANY WAY WE CAN IMPROVE, PLEASE LET US KNOW.