**Symptomatic Management GuidelineS FOR NON-HEALTH STAFF**

**COLD And SINUS CONGESTION**

Authorized non-health staff may manage a cold and sinus congestion as follows:

1. For fever ≥100oF offer the student acetaminophen 650 to 1000 mg every 4 hours [MDD 4 g] **or** ibuprofen 400 to 600 mg every 6 hours [MDD 2400 mg] as needed. Encourage oral hydration.
2. Students with fever >101oF should be referred to the health and wellness center for further evaluation as soon as possible.
3. For sinus congestion, offer saline nasal spray **or** nasal decongestant spray **or** pseudoephedrine (Sudafed) 30 mg – 60 mg every 8 hours until evaluated by health staff. Note that nasal decongestant spray should not be used for more than 3 days.

# WHEN TO CONTACT THE ON-CALL HEALTH AND WELLNESS STAFF

* If the student has a fever >101oF for more than 24 hours that is unresponsive to medications listed in #1
* If the student is wheezing or has difficulty breathing
* If the student has a headache unresponsive to medication