**TREATMENT GUIDELINES FOR HEALTH STAFF**

**URI, PHARYNGITIS, SINUSITIS**

These are among the most common illnesses to occur on Job Corps centers, and are usually of viral etiology. Authorized health and wellness staff may treat URI, pharyngitis, and sinusitis as follows:

1. For fever, offer the student acetaminophen 650-1000 mg po every 4 hours [MDD 4 g] or ibuprofen 400-600 mg po every 6 hours [MDD 2400 mg] as needed. Encourage oral hydration.
2. For cough, offer the student cough syrup in a dose containing 30 mg of dextromethorphan, for use primarily at bedtime, but no more often than every 6 hours [MDD 120 mg]. Again, encourage oral hydration.
3. For sore throat, offer the student analgesic throat lozenges or throat spray for relief of symptoms, in addition to the medications listed in #1 above.
4. Students with sore throat should be evaluated by the clinician for possible strep testing. Rapid streptococcal antigen test or throat culture should be obtained prior to treatment. The majority of patients with sore throat in this age group have a viral etiology. This can include mononucleosis and inappropriate treatment with antibiotics can precipitate a rash (Refer to Infectious Mononucleosis Treatment Guideline). Only students with a positive strep test or culture should be treated with penicillin VK 500 mg po bid for 10 days or cephalexin (Keflex) 500 mg po bid for 10 days in non-allergic patients.
5. For sinus pain, offer saline nasal spray OR nasal decongestant spray OR pseudoephedrine (Sudafed) 30 mg - 60 mg every 8 hours until evaluated by the clinician for possible antibiotic and/or nasal steroid spray prescription. Between 90% and 98% of rhinosinusitis cases are viral and antibiotics may not be effective even if the causative agent is bacterial. Note that nasal decongestant spray should not be used for more than 3 days.
6. For earache, offer the student medications listed in #1 above, and refer to the clinician for further evaluation. (Refer to Otitis Media Treatment Guideline)

**WHEN TO REFER TO THE CENTER PHYSICIAN**

* If the student has a persistent fever > 101°F for more than 48 hours
* If the student has a persistent or worsening sore throat
* If the student has a rash
* If the student has a persistent sinus pain or earache