

POSSIBLE

UPPER RESPIRATORY TRACT INFECTION

Supportive Management

For cough

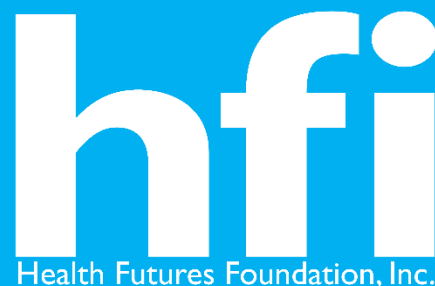
- Drink clear liquids all day (e.g. water, tea, broth, water with lemon). Drink around 8 glasses (or 2 liters total) of fluid per day. Avoid juices with high sugar content.
- Take immune-boosting food, like food rich in Vitamin C (e.g. orange, pineapple, grapes, and broccoli).
- Have plenty of rest. Sleep for 7-8 hours every night in a dark room, as melatonin – a powerful anti-oxidant that promotes healing through boosting the immune function – are found to be produced in higher amounts when sleeping in darkness. If sleeping in a dark room is not possible, wear an eye patch instead.

For fever

- Apply cool, wet towel on the forehead, groin, and armpits.
- Have a warm bath or a tepid sponge bath using comfortably warm water (43° C – 46° C). Perform sponge bath for 20-30 minutes. Avoid using cool water, ice, or alcohol for the bath as they may cause shivering, which, in turn, may further increase body temperature.
- Dress in light clothing and remove excess clothes. Sleep with a light layer of blanket.
- Keep room well-ventilated, and at a moderate, comfortable temperature. If the room feels warm, place a fan nearby.
- Keep self hydrated.
 - Drink around 8 glasses (or 2 liters total) of fluid per day.
 - Avoid dehydrating drinks such as caffeinated drinks (e.g. cola, coffee, tea, energy drinks), as well as alcohol.

For sore throat

- Chew on ice chips
- Consume soft foods which are easier to swallow.
- Take warm calamansi or lemon juice to soothe the throat (see herbal medicine section below for preparation).



Unit 6, 4/F, The One Executive Office
Building, 5 West Avenue,
Barangay Nayong Kanluran,
Quezon City, Philippines 1104

Telefax
(632) 411 8698

Mobile
(63) 927 892 1062
(63) 928 507 4479

www.healthfuturesfoundation.com

Find us on Facebook
Health Futures Foundation, Inc.

Find us on Twitter
@healthfutures

Find us on Instagram
@healthfutures

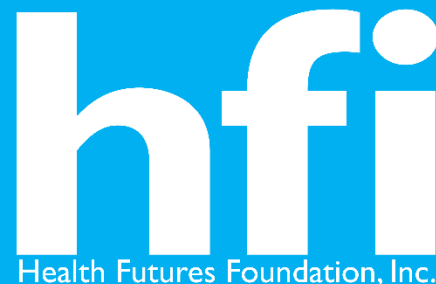
POSSIBLE

UPPER RESPIRATORY TRACT INFECTION

Supportive Management

For nasal congestion and runny nose

- Drink around 8 glasses (or 2 liters total) of fluid per day.
- Take warm drinks.
- Use saline nasal wash.
 - Ingredients:
 - 1 cup warm water (if using tap water, sterilize first by boiling, and let it cool until lukewarm)
 - ½ teaspoon of salt
 - ½ teaspoon of baking soda
 - Instructions:
 1. Prepare the home-made saline nasal wash.
 2. Fill the nasal bulb (bulb syringe) with the saline solution.
 3. Insert the tip of the nasal bulb into one nostril, and gently squeeze.
 4. Aim the flow of saline solution toward the back of the head.
 5. Allow the solution to drain back out through the other nostril or through the mouth.
 6. Gently blow nose to remove excess mucus and solution.
 7. Follow the same process with the other nostril.
 8. Repeat this process a couple of times daily until condition improves.
 9. Clean the nasal bulb after each use.
- Use steam Inhalation (using eucalyptus extract, Vicks vaporub, or sea salt)
 - Don't use for children under 12 years old.
 - Instructions:
 1. Place a bowl in the sink (where it will have less chance to tip over).
 2. Pour boiling water in the bowl.
 3. Add any of the following three:
 - If eucalyptus extract: add 2-3 drops
 - If Vicks vaporub: add two teaspoons
 - If sea salt: add ½ cup
 4. Cover head with a towel and lean carefully over the bowl. Keep face 12 inches away from the boiling water.
 5. Deeply inhale steam for 5-10 minutes, and then, blow nose thoroughly.



Unit 6, 4/F, The One Executive Office
Building, 5 West Avenue,
Barangay Nayong Kanluran,
Quezon City, Philippines 1104

Telefax
(632) 411 8698

Mobile
(63) 927 892 1062
(63) 928 507 4479

www.healthfuturesfoundation.com

Find us on Facebook
Health Futures Foundation, Inc.

Find us on Twitter
@healthfutures

Find us on Instagram
@healthfutures

POSSIBLE

UPPER RESPIRATORY TRACT INFECTION

Herbal Medicine

• Luya (Ginger) Decoction – Salabat

– Boil three middle-finger-sized luya in 3 glasses of water. Boil in low heat for 15 minute. Strain and serve. May add calamansi and honey for flavor.

• Strong Ginger Tincture

– This is intended to be used only by adults only. Keep it away from children.

– Fill a jar with 50 gram peeled fresh ginger. Pour 90% of alcohol (e.g. tuba) over the top to make 100 mL. Shake the jar well. Keep the jar stored in a dark cabinet and shake periodically for two weeks. After two to three weeks, strain and store the ginger tincture in a cool, dark place. For use, take 0.25 to 0.5 mL.

• Lagundi Leaves Decoction

– The amount of lagundi leaves to be used corresponds to the age of the person the decoction is intended for. For a person aged 2-6, use either 1 tablespoon of dried leaves or 1 ½ tablespoons of fresh leaves; for a person aged 7-12, use either 2 tablespoons of dried leaves or 3 tablespoons of fresh leaves; and for those older than 12, use either 4 tablespoons of dried leaves or 6 tablespoons of fresh leaves. Boil the leaves in 330 mL water for 15 minutes or until the water is halved. Strain. Divide the decoction in 3 doses, and take each dose 3 times a day.

• Calamansi or Lemon Juice

– Squeeze out the juice from the calamansi or lemon, add warm water and sugar or honey to taste. Drink as tolerated.

• Garlic Syrup

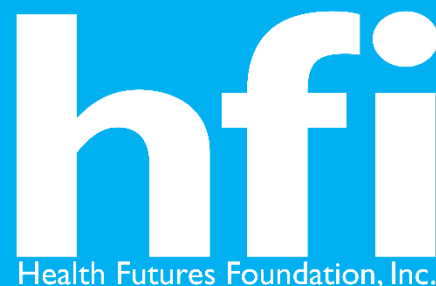
– Mix a pounded clove of garlic in a glass of thick sugar water or honey. Take three to four times a day.

– Garlic can be irritating to the gastrointestinal tract. Do not take on an empty stomach.

• Saha ng Saging (Balat ng Punong Saging)

– For elevated temperature (fever)

– Take as many fresh saha as needed. Wrap the fresh saha around the neck, armpits, and groins of the person with fever. Replace the used saha with a new one as needed (e.g. when the saha has become warm).



Unit 6, 4/F, The One Executive Office
Building, 5 West Avenue,
Barangay Nayong Kanluran,
Quezon City, Philippines 1104

Telefax
(632) 411 8698

Mobile
(63) 927 892 1062
(63) 928 507 4479

www.healthfuturesfoundation.com

Find us on Facebook
Health Futures Foundation, Inc.

Find us on Twitter
@healthfutures

Find us on Instagram
@healthfutures