



When You're Not Feeling Great

Your No-Stress Symptom Guide



Not feeling right?

Here's what to try before heading to a clinic – like advice from that calm friend with a stocked medicine cabinet.



Headache, Feverish, or Feeling Crummy?

- Start with cold water. You may be dehydrated.
- Take Acetaminophen (Tylenol) – it's gentle on the stomach and good for fever or pain.
 - 325–650 mg every 4–6 hours
 - No more than 2,000 mg/day
- Jot down your temperature if it's above 99°. Watching trends is better than guessing.
- Over 102°? Skip the meds and go see a doctor.
- Rest up – dark room, quiet vibes, no screens.

Keep a mini health stash in your room—water bottle, thermometer, Tylenol, and a chill playlist. “Future you” will be grateful.





Aches, Cramps, or Bruises?

- Take Ibuprofen (Advil) – good for muscle or joint pain.
 - 200–400 mg every 4–6 hours (with food!)
 - Alternate with Acetaminophen if needed.
- Use a heating pad or warm compress.
- Bruising? Ice and elevate.

Rotate heat and ice like you're on a spa schedule. Bonus points if you do it while binge-watching something soothing.





Sore Throat or Runny Nose?

- Take Pseudoephedrine in the morning (don't use it at night – it's a stimulant).
- Use sore throat spray or Grether's Pastilles if you need your voice.
- Rest + hydration = major win.
- Clean your humidifier before using it (vinegar or peroxide works great).

Steam is like a spa day for your sinuses—opens up the passages, melts the gunk, and makes you feel almost human again.





Stuffy at Night or Allergies Acting Up?

- Cetirizine (Zyrtec) helps with congestion.
 - Start with ½ tab and see how you feel.
 - Up to 5 mg/day
- Rub on Vicks VapoRub – under your nose, throat, and chest.
- Allergy meds = nap time. Set an alarm or cancel plans.

A clean humidifier is your unsung hero. Run it while you sleep, and wake up sounding less like a swamp creature.





Barky Cough or Tight Chest?

- Take Mucus Relief (Guaifenesin) with lots of water.
 - 400 mg every 4 hours
 - Max 2400 mg/day
- It thins out gunk in your lungs so you can cough it up easier.
- Expect thick coughs later—totally normal.

Water is the real MVP here—it helps thin the gunk so you can cough it out. Chug like you're prepping for karaoke night.





Nausea, Burping, or Acid Burn?

- Drink water + take Pepto. Repeat every hour if needed (max 8 times/day).
- Tums antacids help too if it's acid burn.
- No solid food. Stick to water, Sprite, broth, Jello.
- If things stay down, try: crackers, banana, rice, applesauce, toast.
- No milk or dairy.
- Still bad after 36 hours? Time for a doctor visit.
- Sudden vomiting? Could be food poisoning.

*BRAT = bananas, rice, applesauce, toast.
Basically toddler food – but your stomach
loves it when it's being dramatic.*





Pee Hurts or Feels Urgent?

- Could be a yeast or bladder infection.
- Start drinking lots of cranberry juice (100%, not cocktail) and water.
- Skip soda and sugar—makes it worse.
- Call the doctor within 48 hours.

100% cranberry juice, not the sugary cocktail stuff. Think tart, not tasty—your bladder will thank you.





Diarrhea?

- Loperamide (Imodium): .
 - 2 tablets to start
 - 2 mg after each episode
 - Max 16 mg/day
- Keep sipping water—you're losing fluids fast.

Stick to water, clear broth, or electrolyte drinks—basically anything that doesn't come with bubbles, caffeine, or regret.





Constipated?

- Try warm coffee, eat bran, and move your body.
- Stool softener (100 mg) up to 4x/day.
- Long-term fix? More water, veggies, fruits & grains
- Walking also helps.

A morning walk + coffee is nature's reset button—cheap, fast, and bathroom-approved.





Trouble Sleeping?

- Melatonin (1–3 tablets) helps reset your rhythm.
 - 400 mg every 4 hours
 - Max 2400 mg/day
- Set an alarm—you might feel groggy in the AM.
- Exercise. Being tired helps you sleep.

Power down screens 30 minutes before bed—your brain sleeps better when it isn't lit up like Times Square.





Feeling Anxious or Overwhelmed?

- Check your meds. Stay consistent with timing.
- Diffuse calming oils like lavender.
- Shut off screens, meditate, breathe, rest.
- Take a walk or get outside– change of scenery
- Having a panic attack or feeling unsafe? Call someone you trust—or 911. Don't go through it alone.

Write down your “calm-down kit”—3 things that help you reset fast—and keep it where you’ll see it.





When to Call the Doctor (or Head to Urgent Care)

- Severe ear pain or ear is hot/red
- Pain near eyes/sinuses, especially if bending over
- No improvement after 5–7 days of cough
- Ongoing burning when you pee
- Vomiting for more than 2 days or more than 4x/hour
- Persistent sore throat and fever
- Itchy bottom or rash (possible ringworm or STD)
- You've tried rest, water, OTC meds, and nothing's working

No shame in getting help. You know your body best.

Don't wait too long. If you're unsure – go.

Trust your gut—if it feels “off” and isn't getting better, it's worth the call.





Emergencies

- **Unresponsive or intoxicated person?**
 - Don't let them drive.
 - Don't leave them alone.
 - Vomiting or unconscious? Call **911** immediately.
- **Suspect an opioid overdose?**
 - Use **Narcan**. It's safe even if you're wrong.
 - Then call 911.
- **Head injury?**
 - Cold compress. Sit or lie down.
 - Wake every hour for 24 hours
 - Uneven pupils = 911.

*In a real emergency, seconds matter—
call first, Google later.*





Cuts or Wounds?

- Sit. Clean gently.
- Use **Bactine** (it doesn't sting!) + triple antibiotic ointment or Melagel.
- Cover with the right-sized bandage.
- Use **butterfly bandages** if the cut is open or gaping.
- Change dressings daily.
- Stitches needed if cut is longer than ½ inch (12 mm),
May want if on joints, the face, or near sensitive areas like the mouth or eyes,

A well-stocked first aid kit is like insurance—you'll never regret having it ready.





Last but Not Least...

This guide offers general tips for minor issues – it's not medical advice. Use your judgment, see a doctor when needed, and call 911 in an emergency.

Medications listed may not be right for everyone. Check labels carefully and consider allergies, interactions, or existing conditions before taking anything. If you've been prescribed medication or have a known health issue, follow your provider's directions first.



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