



FOR IMMEDIATE RELEASE

Date: Tuesday, April 28, 2026

Contact: mark.bratcher@cofmc.org

Northcutt offers advice for coping with viral illnesses

ADA – There are a couple of viral illnesses currently circulating in communities served by The Clinic – gastroenteritis, commonly known as the stomach flu, and upper respiratory infections, better known as colds. Aubrie Northcutt, DO, FAAP, a pediatrician at The Kids Clinic, has offered advice on how to best cope with each virus.

“Most people can manage these illnesses safely at home with proper care,” Northcutt said.

Symptoms of gastroenteritis include nausea, vomiting, diarrhea, and abdominal cramping, and typically last between one and three days. Northcutt offered the following tips on dealing with the stomach flu at home.

“Stay hydrated, this is the most important treatment,” Northcutt said. “Drink small, frequent sips of fluids – even if vomiting. Use oral rehydration solutions, like Pedialyte or Gatorade, or diluted juice. Once vomiting stops, return to eating normal foods within four to six hours. Rest as much as you can, avoid preparing food for others while sick, and wash your hands frequently with soap and water.”

If these steps don’t seem to be helping, and symptoms persist past three days, Northcutt recommends making an appointment with your provider.

“For gastroenteritis, seek medical attention if you experience signs of severe dehydration,” she said. “These signs include dizziness when standing, very dark urine, no urination for more than eight hours, dry mouth, and confusion. Other things to watch for could include a high fever of anything over 101 degrees, bloody or black stools, severe abdominal pain, and the inability to keep down any fluids.”

(more)

Continued from Page 1

Upper respiratory infections, or common colds, can sometimes take even longer to overcome. Symptoms include nasal congestion, runny nose, sore throat, cough, and possibly a low-grade fever. Symptoms typically peak in three to six days and should resolve within seven to 10 days. Northcutt offered the following advice on nursing a cold from home.

“Get plenty of rest and drink plenty of fluids,” she said. “Use over-the-counter pain relievers, acetaminophen or ibuprofen, for fever, headache, or body aches. Try nasal saline rinses or sprays for congestion. Use a cool mist humidifier. Honey can help soothe a cough in adults and children over one year old. Avoid giving over-the-counter cold medications to children under four.”

If these steps don’t seem to eliminate a cold, Northcutt recommends contacting your provider as soon as possible.

“For upper respiratory infections, seek medical attention if you experience symptoms lasting more than 10 days without improvement,” she said. “Be particularly aware of symptoms that seem to get better, then suddenly worsen after five to six days. A fever more than 102 degrees and a thick nasal discharge for three to four days are signs to see your doctor. Other lingering symptoms to pay attention to include severe headache or facial pain, and difficulty breathing or experiencing shortness of breath.”

Northcutt also stressed that infants under three months old displaying any of these symptoms should be treated by a pediatrician immediately.

“These two viral illnesses, which are circulating in our communities right now, spread easily,” Northcutt said. “Antibiotics do not work for viral infections. Wash your hands frequently and stay at home if you are sick. Cover your coughs and sneezes with your elbow, not your hands. Clean and disinfect frequently touched surfaces. Use common sense and take smart precautions.”

If you have questions about your symptoms or are unsure whether to seek care, please contact a provider at The Clinic at (580) 436-5111.

The Clinic @ Central Oklahoma Family Medical Center, or “The Clinic,” is a Federally Qualified Health Center (FQHC) meeting a stringent set of requirements, including care services on a sliding-fee scale based on federal poverty guidelines. Governed by a board of directors, including patient directors, The Clinic remains thoroughly invested in the needs of patients and its service areas. The Clinic currently operates in four Oklahoma communities – Konawa, Ada, Seminole, and Stratford. To learn more about The Clinic, The Women’s Clinic and The Kids Clinic, please visit www.cofmc.com.