



## **SELF CARE FOR COLD AND FLU SYMPTOMS**

Although medications will not cure the cold or flu, they may relieve the symptoms. Choose over-the-counter medications that contain only the ingredients you need. Antibiotics, such as penicillin, Amoxicillin or Erythromycin, are not effective against viruses. However, your health care provider may prescribe an antibiotic or antiviral if indicated.

### General Self-Care Tips:

- Stay at home and get plenty of rest
- Drink plenty of water/fluids
- Stop smoking
- Be patient

### To Relieve a Sore Throat:

- Stop smoking
- Gargle with lukewarm saltwater 3-4 times a day
- Moisten throat with lozenges, or sugar free hard candy
- Use a sore throat spray (Chloraseptic), or a lozenge (Cepacol)

### To Relieve Head, Nose and Ear Congestion:

- Drink hot liquids such as chicken broth or soup
- Apply warm, moist washcloths to your forehead and cheeks
- Use a humidifier if available
- Use salt water drops into your nose or a saline nasal mist spray
- Take a decongestant such as pseudoephedrine (Sudafed), phenylephrine or an antihistamine/decongestant combination (Dimetapp)

### To Relieve Chest Congestion/Cough:

- Stop smoking
- Drink plenty of water/fluids
- Use a humidifier if available
- Take an expectorant with guaifenesin (Robitussin DM)
- Use cough drops like Riccola, Halls cough drops

**BE PATIENT WITH YOURSELF!**

**Seek emergency medical care if you develop difficulty breathing, pain or pressure in your chest or abdomen, sudden dizziness or confusion, severe or persistent vomiting, or flu-like symptoms that improve, but then return with fever and worse cough.**

**IF YOU HAVE ANY QUESTIONS, CALL EXTENSION 6393 AND SPEAK TO A NURSE PRACTITIONER.**