

FIGHT SYMPTOMS *to* FIND COMFORT & RELIEF

Antibiotics are great for fighting bacterial infections, but the common cold and the flu are both caused by viruses, which is why antibiotics don't work against them. But there are ways to relieve your symptoms and feel more comfortable:

Stay at home and get lots of rest

- Until symptoms go away, plus an **additional 24 hours** after a fever breaks
- This helps your body **fight infection**

Use a clean humidifier or cool mist vaporizer

- Adding moisture to the air might help **loosen congestion**
- **Avoid hot steam** as this may cause burns

Drink lots of fluids

- Water, clear broth, or warm liquids help **loosen congestion**
- Plus, this helps **prevent dehydration**

Stop smoking and avoid alcohol

- This can make **symptoms worse**
- Secondhand smoke and other air pollutants can cause **irritation**

For a runny nose or sinus pressure

- Use **saline (salt water) nasal spray** to help loosen mucus
- Put a **warm compress** over the nose and forehead
- Breathe in steam from a **hot shower**

For a cough

- Use a non-medicated **throat lozenge**
- Take some **honey** (must be at least 1 year old)
- Breathe in steam from a **hot shower**

For a sore throat

- Use **throat spray** or medicated lozenges
- **Gargle** with a mixture of a ¼ tsp of salt in an 8 oz glass of warm water



COLD

FIGHTING TIP

If you have the flu, antiviral medicines may provide relief, but they need to be taken within 2 days of your symptoms starting.

Take an over-the-counter (OTC) medicine

- **Nasal decongestants** clear a stuffy nose
- **Cough suppressants**, or antitussives, calm a cough
- **Expectorants** break up mucus so it's easier to cough up
- **Pain relievers**, like **TYLENOL® Extra Strength Caplets**, lower fevers and relieve headaches, aches, and pains
- **Products** with multiple ingredients, like **TYLENOL® Cold Max Daytime Caplets**, **TYLENOL® Cold + Flu Severe Day/Night Caplets**, and **TYLENOL® Cold + Flu Severe Warming Honey Lemon Liquid**, help relieve multiple symptoms

Certain at-home remedies may not be appropriate for children. Talk to your healthcare professional if you have any questions or concerns about these tips as they relate to children, or in general. Take medications only as directed.