

Treating Flu and Cold Symptoms

There is no cure for a cold or flu virus, but you can treat your symptoms while your body fights off the virus.

Ways to Ease Flu and Cold Symptoms

- Stay home and rest, especially while you have a fever.
- Stop smoking and avoid secondhand smoke, which can make cold symptoms worse.
- Drink plenty of fluids like water, clear soups and unsweetened fruit juices. Fluids help loosen mucus, and keep you hydrated when you have a fever. A fever can dry up your body's fluids, which can lead to dehydration.
- Don't drink alcohol.
- Gargle with warm salt water a few times a day to relieve a sore throat. Throat sprays or lozenges may also help relieve throat pain.
- Use salt-water (saline) nose drops, a neti pot, or other nasal irrigation method to help loosen mucus and moisten the skin in your nose.

Ways to Prevent Catching a Cold or Flu

- Eat healthy foods
- Drink lots of fluids
- Get regular exercise
- Limit alcohol use
- Get enough sleep
- Don't smoke
- Don't touch your face - germs can enter your nose, eyes and mouth from your hands
- Cover your sneezes and coughs with your elbow or a tissue
- Always wash your hands after using the bathroom, before eating, and after touching frequently used surfaces

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Your doctors contact information is available in the box below.

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