

# COLD & FLU REMEDIES

Antibiotics do not shorten or cure a cold or the flu. Here are some ways to boost your immune system and relieve symptoms!

*Always wear a mask around others if you're feeling sick!*



## BOOST IMMUNITY:

- Elderberry Tincture or Zinc/Elderberry
- Vitamin C (i.e. Emergen-C, Airborne)

## TREAT FEVER, BODY ACHES, HEADACHES:

- Bed rest
- Liquids
- Tylenol - 325mg, two every 4-6 hours
- Ibuprofen - 200mg, two every 6-8 hours with food
- Oscillococcinum - dissolve the contents of one tube in mouth every 6 hours

## TREAT CONGESTION:

- Hot soup, teas, liquids
- Hot showers
- Nasal saline spray
- Nasal decongestants (i.e. Afrin) - Do not use for more than 4 days! Can cause rebound congestion if overused.

## TREAT COUGH:

- Hot soup, teas, liquids
- Lozenges
- Raw honey
- Dextromethorphan (cough suppressant) - two teaspoons every 6 hours
- Mucinex - take with a large glass of water

## TREAT SORE THROAT:

- Hot or very cold liquids
- Lozenges
- Gargle salt water - 1/2 teaspoon of salt in 8 ounces of water
- Tylenol or Ibuprofen (pain relievers)

**YOUR IMMUNE SYSTEM IS THE BEST MEDICINE TO FIGHT A COLD OR THE FLU!**