**COLD AND FLU REMEDIES**

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

**TO BOOST IMMUNITY:**
- Elderberry Tincture or Zinc/Elderberry
- Vitamin C (Emergen-C, Airborne)

**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 contents of one tube in mouth every 6 hours)
  - Warm soup

**CONGESTION:**
- Hot soup, teas, liquids
- Hot showers
- Nasal saline spray

- Nasal decongestants (Afrin) DO NOT use for more than 4 days - can cause rebound congestion

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

**SORE THROAT:**
- Hot or very cold liquids
  - Lozenges
- Gargle salt water (1/2 teaspoon salt in 8 ounces of water)
  - Tylenol or Ibuprofen (pain relief)

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

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