

Self-Care for Colds and Respiratory Illnesses

Recommended things to do when you have the flu or a cold:

- **DRINK** – plenty of fluids (64 oz) (choose fluids that you like and feel good to your throat)
- **GARGLE** – with warm salt water (1 tsp salt to 1 cup warm water) as frequently as you can for sore throats
- **REST** – do only what you have to do and rest until you are feeling better
- **EAT** – nourishing foods, avoid heavy fried foods
- **APPLY** - plain Vaseline to the inside of each nostril for bleeding due to dry mucous membranes at night
- Take appropriate over the counter (OTC) medications as recommended on the package

Be considerate of others by doing the following:

- **Wash** – your hands with warm soapy water after blowing your nose
- **Dispose** – of your tissues properly, do not leave them on the furniture
- **Cover** – your mouth when you cough or sneeze
- **Do not** – share your food, drinks, towels or personal care items with others

Return to Health Services if any of the following occur:

- A fever of 101 or higher
- Head or chest drainage becomes bloody and remains that color during the day
- Your throat becomes deep red or more painful with or without white areas on tonsils
- Shortness of breath or chest pain occurs
- Condition has not improved or fever persists for 2 – 3 days