

RELIEVING YOUR COLD SYMPTOMS

1. STUFFY NOSE

- Humidify with a vaporizer and take a steamy shower
- Decongestants: look for products containing pseudoephedrine (Sudafed)
- Avoid decongestants if you have high blood pressure, heart disease, diabetes, or hypertension. Decongestants may cause wakefulness, irritability, increased blood pressure, and faster heart rate.

2. MUCOUS PRODUCING COUGH

- Drink lots of clear fluids. Water is best
- Humidify
- If you smoke, STOP
- Cough syrup with an expectorant or guaifenesin (Robitussin or Triaminic Expectorant)
- Milk and milk products may increase congestion. Do not try to suppress a mucus-producing cough. It is an important healing aid.

3. FREQUENT DRY HACKING COUGH

- Humidify with a vaporizer
- Drink lots of fluids
- Use throat lozenges
- Cough suppressants (look for ingredients with Dextromethorphan)
- Dextromethorphan may cause drowsiness or upset stomach

4. HEADACHE, BODY ACHES, AND FEVER

- Rest in a peaceful, calm environment
 - Try relaxation exercises
 - Drink fluids for fever
 - Aspirin or Acetaminophen (brand names do not make a difference)
 - If you are on other medications, be sure that there are no adverse drug interactions.
- Avoid aspirin if you have ulcers or bleeding problems. Before taking aspirin check to see that the other products you are taking do not already contain aspirin.

5. SORE THROAT; HOARSENESS

- Rest vocal cords
- Humidify with a vaporizer
- Drink lots of fluids
- Gargle with salt water (1 teasp. in ½ glass of warm water)
- Use throat lozenges—with topical anesthetics such Benzocaine (Sucrets, Chloraseptic lozenges) Benzocaine provides temporary relief but may alter your sense of taste and smell