



## Eight Ways to Fight a Cold

### *How to Find Relief from Common Cold Symptoms*

There are plenty of tips for preventing the common cold: wash your hands often; don't share drinking glasses or utensils; avoid contact with those who are sniffing. What provides comfort, however, when you've already caught a cold? No cure exists, but you can make your own or your family members' battle with a cold a little more bearable.

### Relieve cold symptoms with these simple suggestions.

1. **Stay at home when a cold strikes**, especially if you have a bad cough or fever. Take a bath. Wrap up in blankets. Rest.
2. **Drink extra fluids to avoid dehydration and loosen mucus**. Try hot water with honey and lemon, or 100 percent fruit juice.
3. **Sip chicken soup** to get nutrients and soothe a sore throat.
4. **For temporary congestion relief**, inhale steam from hot soup or a warm bath.
5. **Consider natural relievers**. Zinc, taken at first signs of illness, can reduce a cold's duration. Vitamin C at the onset might alleviate symptoms. Antibiotics don't impact cold viruses and inappropriate use can lead to drug-resistant strains of bacteria, causing other types of illness.
6. **Relieve nasal congestion and redness** with saline drops and tissues with lotion.
7. **Keep your room warm**. Reduce congestion and coughing by moistening the air with a humidifier or vaporizer.
8. **Make the best of it**. A positive attitude can decrease illness risk, improve coping skills and speed recovery.

If you experience facial pain and swelling, an extremely sore throat or ear pain accompanied by a fever, or if coughing lasts beyond 10 days, see your doctor.

### More Resources to Help You Stay Healthy or Recover Fast...

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to learn more about preventing and managing Cold and Flu illness.

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