FIGHT SYMPTOMS to FIND COMFORT & RELIEF

Antibiotics are great for fighting bacterial infections, but the common cold and the flu are both caused by viruses, which is why antibiotics don’t work against them. But there are ways to relieve your symptoms and feel more comfortable:

**Stay at home and get lots of rest**
- Until symptoms go away, plus an additional 24 hours after a fever breaks
- This helps your body fight infection

**Use a clean humidifier or cool mist vaporizer**
- Adding moisture to the air might help loosen congestion
- Avoid hot steam as this may cause burns

**Drink lots of fluids**
- Water, clear broth, or warm liquids help loosen congestion
- Plus, this helps prevent dehydration

**For a runny nose or sinus pressure**
- Use saline (salt water) nasal spray to help loosen mucus
- Put a warm compress over the nose and forehead
- Breathe in steam from a hot shower

**For a cough**
- Use a non-medicated throat lozenge
- Take some honey (must be at least 1 year old)
- Breathe in steam from a hot shower

**For a sore throat**
- Use throat spray or medicated lozenges
- Gargle with a mixture of a ¼ tsp of salt in an 8 oz glass of warm water

**Take an over-the-counter (OTC) medicine**
- Nasal decongestants clear a stuffy nose
- Cough suppressants, or antitussives, calm a cough
- Expectorants break up mucus so it’s easier to cough up
- Pain relievers, like TYLENOL® Extra Strength Caplets, lower fevers and relieve headaches, aches, and pains
- Products with multiple ingredients, like TYLENOL® Cold Max Daytime Caplets, TYLENOL® Cold + Flu Severe Day/Night Caplets, and TYLENOL® Cold + Flu Severe Warming Honey Lemon Liquid, help relieve multiple symptoms

Certain at-home remedies may not be appropriate for children. Talk to your healthcare professional if you have any questions or concerns about these tips as they relate to children, or in general. Take medications only as directed.