Navigating the Flu...

Knowing what to do if you get the flu may help you feel better sooner and prevent others from becoming sick. Use the following care treatments to help navigate your flu symptoms.

- Get lots of rest and wash hands frequently
- Drink plenty of fluids (2-3 liters per day)
- Tylenol/ibuprofen for pain relief/fever reducer
- Decongestant (Sudafed) as directed
- Cough suppressant/expectorant (Robitussin, Mucinex)
- Warm, salt water gargles/or Chloraseptic spray
- Cool mist humidifier
- Warm, steamy showers
- Nasal saline rinses
- Healthy eating

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