

## 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

Warm, salt water gargles/or Chloraseptic spray

Drink plenty of fluids (2-3 liters per day)

Cool mist humidifier

Tylenol/ibuprofen for pain relief/fever reducer

Warm, steamy showers

Decongestant (Sudafed) as directed

Nasal saline rinses

Cough suppressant/expectorant (Robitussin, Mucinex)

Healthy eating



UNIVERSITY OF  
ARKANSAS

Student Affairs  
Pat Walker Health Center

(479) 575-4451  
health.uark.edu  
525 N. Garland Ave  
Fayetteville, AR 72701

## 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

Warm, salt water gargles/or Chloraseptic spray

Drink plenty of fluids (2-3 liters per day)

Cool mist humidifier

Tylenol/ibuprofen for pain relief/fever reducer

Warm, steamy showers

Decongestant (Sudafed) as directed

Nasal saline rinses

Cough suppressant/expectorant (Robitussin, Mucinex)

Healthy eating



UNIVERSITY OF  
ARKANSAS

Student Affairs  
Pat Walker Health Center

(479) 575-4451  
health.uark.edu  
525 N. Garland Ave  
Fayetteville, AR 72701