



SIMPLE COLD REMEDIES THAT WORK!

AT HOME

There's no specific cure for the common cold. But what about cold remedies that claim to make you feel better faster? Find out what's effective, and what's not!

If you catch a cold, you can expect to be sick for a week or so. That doesn't mean you have to be miserable. These remedies might help you feel better:

- 1. Stay hydrated:** Water, juice, clear broth or warm lemon water with honey helps loosen congestion and prevents dehydration. Avoid alcohol, excessive coffee and caffeinated sodas, these can make dehydration worse.
- 2. Rest:** Your body needs rest to heal.
- 3. Soothe a sore throat:** A saltwater gargle – 1/4 to 1/2 teaspoon salt dissolved in an 8-ounce glass of warm water – can temporarily relieve a sore or scratchy throat. Children younger than 6 years are unlikely to be able to gargle properly. So give them some lukewarm water after every meal.

You can also try ice chips, sore throat sprays, lozenges or hard candy. Use caution when giving lozenges or hard candy to children because they can choke on them. Don't give lozenges or hard candy to children younger than 6 years.

4. **Combat stuffiness:** Over-the-counter saline nasal drops and sprays can help relieve stuffiness and congestion.
5. **Relieve pain:** For children 6 months or younger, give only acetaminophen. For children older than 6 months, give either acetaminophen or ibuprofen. Ask your child's doctor for the correct dose for your child's age and weight.
Adults can take acetaminophen (Tylenol, others), ibuprofen (Advil, Motrin IB, others) or aspirin.
6. **Sip warm liquids:** A cold remedy used in many cultures, taking in warm liquids, such as chicken soup, tea or warm apple juice, might be soothing and might ease congestion by increasing mucus flow.
Try honey. Honey may help coughs in adults and children who are older than age 1. Try it in hot tea.

CONTACT YOUR DOCTOR

In case your symptoms worsen after a few days of home remedies.



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