

# LIFESTYLE LESSONS



Provided by: Huckaby & Associates

## Did You Know?

Many people visit the doctor even when they do not need a doctor's expertise to diagnose and treat their symptoms. The next time you or someone in your family has a cold or experience flu-like symptoms (such as a sore throat, runny nose, cough, dizziness, fever or muscle aches), it may be wise to try some home remedies before making that expensive visit to the doctor.

## HOME CARE FOR THE COLD AND FLU

Before you go to the doctor, try these home remedies:

- Take aspirin, acetaminophen or ibuprofen to relieve symptoms such as a headache, muscle aches and fever.
- Get plenty of rest.
- Drink lots of fluids.
- Use a humidifier or take a hot shower to relieve a headache, cough or congestion.
- Place a warm washcloth over your eyes to ease sinus pressure and congestion.
- Sore throat lasting more than 48 hours; inside of throat is bright red, swollen, has white spots or a rough, red rash
- Yellow or green nasal discharge that is accompanied by severe facial pain or a relentless headache
- Cough is painful and produces thick, bloody or green mucous
- Severe or persistent ear pain, or there is ear discharge
- Developing a fever of 100°F or higher after the third day of being ill
- Persistent pain in your abdomen or rectum
- Bloody or black stool or vomit, or vomit resembling coffee beans

Call your doctor if any of the following symptoms appear:

- Chest pain when breathing

## Healthy Hints

An ounce of prevention goes a long way in keeping the cold and flu bug away!

- Wash your hands often and refrain from touching your eyes, nose and mouth.
- Get at least 7 to 9 hours of sleep each night.
- Eat a healthy diet rich in vegetables, fruits, low-fat dairy and whole grains.
- Exercise regularly, making it a part of your family's daily routine!

## Huckaby & Associates

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