

1  **A Good Offense**

**Is Your Best Defense**

Arm Yourself Against Flu and Colds

Dr. Brad Fitt

Campus Medical Center

2  **Help Avoid Colds and Flu**

- Avoid touching moist areas of eyes, nose, and mouth
- Wash your hands often
- Exercise regularly

3  **Relief When You Are Sick**

- Drink plenty of fluids
  - Help soothe irritated throat
  - May help relieve coughing
- Get adequate rest
- Use cold-mist vaporizer
  - Adds humidity to relieve dry throat

4  **Medication Matters**

- Over-the-counter products may offer relief
  - Avoid decongestants
  - Nonprescription ibuprofen may effectively reduce fever and minor aches