

## **Taking care of yourself if you have the common cold**

Take aspirin or tylenol if ok with your healthcare provider. (Children and Teenagers should avoid taking aspirin.)

Rest in bed and drink plenty of fluids

For a sore throat, use throat sprays, lozenges or gargle with warm salt water.

Use lotion or petroleum jelly for sore, raw nose

To help unclog a stuffy nose, rub vapor rub on the chest

Don't be surprised if your healthcare provider does not prescribe antibiotics for you. Antibiotics are not effective for viruses.