

Use a cool mist humidifier or take a steam shower. Avoid tobacco smoke. Smoking or breathing secondhand smoke irritates your lungs and can worsen coughs caused by other factors. If you smoke, talk to your doctor about programs and products that can help you quit.

How is fever treated?

Get enough rest.

Do not do physical exercise.

Wear light clothing and do not overdress yourself. Change frequently if you sweat.

Maintain a cool environment, frequently ventilating the room.

Shower with warm water. ...

Drink plenty of fluids, preferably cold.

What to do if you have flu symptoms?

I stayed at home for a week, resting.

Drink plenty of fluids.

Don't self-medicate.

Cover your nose and mouth when sneezing or coughing.

Wash your hands frequently.

Avoid contact with other people.

Ventilate the rooms well.