





*You should drink a cough syrup

*You should drink a chamomile tea

with lemon and honey

*You should drink more hot drinks

than cold drinks

*Avoid contact with people and kisses

*You should take menthol pills every 8 hours



*You shoul take some rest and allow
yourself to sleep

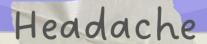
*You should drink lots of fluids and water

*You should eat a chicken soup with lots
of vegetables

*Get the flu vaccine

*You should take an antiflu pill every 8
hours





*You should take an aspirin every 8
hours with plenty water

*You should put Hot or cold compresses
to your head or neck

*Preventive medications such as
metoprolol

*You should have some tea, coffee, or something with a little caffeinein it *Don't give aspirin to a child under age 18



*Drink plenty of water

*You shoul take a half or full tablet
of paracetamol every 6 hours

*Avoid alcohol, tea and coffee as
these drinks can cause slight
dehydration

*Avoid taking cold baths or showers.

*You should take some rest and
sleep