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