

## YOUR COLD AND FLU FEEL BETTER CHECKLIST

Will we EVER have a cure for the common cold – or the flu? It's got to run its course, but you can start to feel better now. See how many things you can check off in the next week or two. You're on your way to recovery!

I stayed home from work or school until I was fever-free for 24 hours.

I drank lots of water and other fluids today.

I ate a healthy diet every day this week.

I gargled with warm salt water to ease my sore throat.

I took a steamy shower to clear my stuffy nose.

I stayed away from people who were smoking.

I ate some chicken soup today.

I used a cold-mist humidifier to clear my head.

I cut back on heavy exercise this week.

I used a saline spray for my stuffy nose.

I rubbed some menthol ointment on my chest today.

I took medicine for my symptoms.

I used an extra pillow to help me sleep last night.

I got at least 7-8 hours of sleep last night.

### Sources:

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