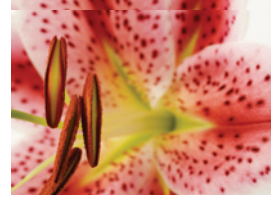




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## WHAT TO DO WHEN YOU HAVE A COLD

A cold will usually last 7 to 10 days. During this time, you may experience a scratchy throat, cough, stuffed-up head, watery eyes and mucous which may be discolored. After 10 days, any discolored mucous, as well as other unresolved symptoms should be reported to a health care provider. At this time, there is no cure for a cold.



Until there is a cure, here are ten ways in which you can minimize the discomfort caused by a cold:

- Drink plenty of fluids (8 glasses of water or fruit juices is recommended)
- Take Vitamin E (100 to 200 I.U.s per day is recommended)
- Take Vitamin C (500 mg per day is recommended)
- Zinc Lozenges or 50 mg Tablets (start taking these at the first sign of a cold) or Zicam (nasal gel)
- Rest (8 hours of sleep per night is recommended)
- Gargle with warm salt water (1 tsp of salt per cup of water) to soothe a sore throat
- Cough suppressants will calm the cough that makes a cold so unbearable
- Decongestant drops/sprays are helpful but are not to be used for more than three days
- Sinus Rescue Nasal Spray with ionic silver (made by Peaceful Moubtain — [www.klearsen.com](http://www.klearsen.com))

REMEMBER: Eat plenty of chicken soup and wash hands often so you do not make those around you sick as well.

