

Increase Water Intake



Get Plenty of Rest



Limit



Eat Healthy Foods

How to Take Care of You!



Avoid Alcohol, Smoking, Vaping

Home Treatment Options >>>

Symptom	Drink Water	OTCs - Ibuprofen, Acetaminophen	Damp, Warm Cloth to Forehead	Comfy Clothes/Layers	Cough Drops/Hard Candy	Vaporizer/Steamy Shower	Reduce Allergens or Irritants	Saline Nasal Spray	Small, Frequent Healthy Meals	Sip Warm Fluids (like Tea or Broth)	Gargle 1/2 tsp salt in Warm Water Every 3 Hours	Avoid Strong Flavors/Odors	Ginger or Peppermint Tea or Candy	Vitamin B6 Supplement	BRAT/Bland Diet
Chills	X	X	X	X											
Runny or Stuffy Nose	X		X			X		X		X					
Cough	X				X	X	X			X					
Decrease in Appetite	X								X				X		
Fever	X	X													
Headache/BodyAches	X	X													
Nausea/Diarrhea	X										X	X	X	X	
Sore Throat	X	X			X				X	X					



STUDENT HEALTH CENTRE



When To Seek IMMEDIATE EMERGENCY Medical Care

- ★ Trouble Breathing
- ★ Chest Pain
- ★ Fever OVER 104 F
- ★ Confusion



- ★ Seizures
- ★ Stiff Neck
- ★ Rash
- ★ Very Rapid Heartbeat

This list is not all inclusive, please consult your medical provider for any other symptom that is severe or concerning.