

PROTECT YOURSELF

How to Treat Influenza

- Get plenty of rest and drink lots of fluids.
- Take Acetaminophen (Tylenol) or Ibuprofen (Advil) to lessen fever, aches and pains. A.S.A. (Aspirin) should not be given to children younger than 17 years of age due to possibility of developing Reye's Syndrome (a very serious neurological disease).
- Gargle with a glass of warm water containing ½ teaspoon of salt to ease a sore throat. Lozenges and sugarless hard candy are also effective.
- Do not smoke or drink alcohol – smoking irritates the airways and alcohol dries the tissues which makes them more susceptible to other infections.
- It is important to treat yourself and your family at home as much as possible.
- For further information, visit our website at:
www.saskatoonhealthregion.ca

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