

# Home Remedies To Prevent And Manage Influenza

Influenza, commonly known as the flu, is a highly contagious respiratory illness that can cause fever, cough, sore throat, muscle aches, headache, and fatigue. While there is no cure for the flu, there are a number of home remedies that can help to prevent and manage its symptoms.

## Prevention

The flu virus is spread through droplets in the air when an infected person coughs or sneezes. The virus can also be spread by touching surfaces that have been contaminated with the virus and then touching your face.



## FIGHT THE FLU: Home remedies to Prevent and Manage Influenza

★★★★☆ 4.3 out of 5

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There are a number of things you can do to help prevent the flu, including:

- Wash your hands frequently with soap and water for at least 20 seconds.
- Avoid touching your face, especially your eyes, nose, and mouth.
- Stay away from people who are sick.
- Get a flu shot every year.
- Take elderberry supplements.
- Eat a healthy diet that is rich in fruits, vegetables, and whole grains.
- Get regular exercise.
- Get enough sleep.

## **Management**

If you do get the flu, there are a number of home remedies that can help to manage your symptoms.

- Get plenty of rest.
- Drink plenty of fluids, such as water, juice, or soup.
- Use a humidifier to add moisture to the air.
- Take over-the-counter medications to relieve symptoms, such as pain relievers, fever reducers, and cough suppressants.
- Try alternative remedies, such as:
  - Elderberry syrup
  - Echinacea

- Ginger tea
- Honey

## **When to See a Doctor**

If your flu symptoms are severe or do not improve after a few days, it is important to see a doctor. You should also see a doctor if you have any of the following symptoms:

- Fever that is higher than 101 degrees Fahrenheit
- Shortness of breath
- Chest pain
- Confusion
- Vomiting or diarrhea

The flu can be a serious illness, but it can be prevented and managed with the right home remedies. By following the tips in this article, you can help protect yourself and your loved ones from the flu.



A variety of home remedies can help to prevent and manage the flu.



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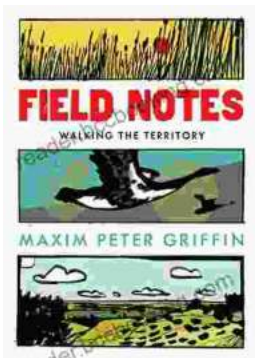
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