

## *How To Treat A Cold*







### **How To Treat A Cold**

Drink honey and lemon tea. This is a simple yet effective cold relief remedy that has been around for a long time. To make the honey and lemon tea, boil some water, pour it into a mug, stir in 1 1/2 tablespoons of lemon juice and two teaspoons of honey.

### **4 Ways to Treat a Cold - wikiHow**

Either temperature may help you feel more comfortable. You can buy reusable hot or cold packs at a drugstore. Or make your own. Take a damp washcloth and heat it for 20 seconds at a time in a microwave (test the temperature first to make sure it's not too hot). Or take a small bag of frozen peas to use as a cold pack.

### **8 Tips to Treat Colds and Flu the 'Natural' Way - WebMD**

Nothing can cure a cold, but there are some remedies that might help ease your symptoms and keep you from feeling so miserable. Here's a look at some common cold remedies and what's known about them. Cold remedies that work. If you catch a cold, you can expect to be sick for one to two weeks. That doesn't mean you have to be miserable.

### **Cold remedies: What works, what doesn't, what can't hurt ...**

Treating your symptoms will not make your cold go away, but will help you feel better. Antibiotics are almost never needed to treat a common cold. Acetaminophen (Tylenol) and ibuprofen (Advil, Motrin) help lower fever and relieve muscle aches. DO NOT use aspirin. Check the label for the proper dose.

### **How to treat the common cold at home: MedlinePlus Medical ...**

In this article, the MNT Knowledge Center will look at ways to treat the symptoms of a cold and get some relief. Fast facts on how to treat a cold: Colds will most likely go away on their own.

### **How to treat a cold: Remedies, prevention, and medication**

The head cold, also known as the common cold, is usually a mild illness, but it can impact your daily life. In addition to sneezes, sniffles, coughs, and a sore throat, a head cold can leave you ...

### **Head Cold: Symptoms, Treatment, and More - Healthline**

Pros and cons of commonly used cold remedies include: Pain relievers. For fever, sore throat and headache, many people turn to acetaminophen (Tylenol, others) or other mild pain relievers. Use acetaminophen for the shortest time possible and follow label directions to avoid side effects.

### **Common cold - Diagnosis and treatment - Mayo Clinic**

Meditate: When wondering how to treat a cold, remember, you can only treat the symptoms of a cold. Studies show that stress hurts your ability to stay healthy, especially during cold and flu season. Studies show that stress hurts your ability to stay healthy, especially during cold and flu season.

### **5 Tips on How to Get Rid of a Cold - Vicks**

Nonsteroidal Antiinflammatory Drugs (NSAIDs) NSAIDs have been used in medical practice to treat general symptoms of a cold such as feverishness, chilliness, muscle ache, and not feeling well in general. (25) Also there has been interest in the use of NSAIDs to treat other cold symptoms, especially cough.

### **Treatment of the Common Cold**

How to Treat a Cough From a Cold or the Flu. Use cough drops or hard candy. Menthol and certain herbal cough drops can slightly numb and soothe your sore throat. But sucking on plain hard candy may work just as well. Try a teaspoon of honey. This traditional remedy for sore throat may help soothe coughs, too. Try adding a spoonful to your tea, but don't give honey to kids under 1 year old.



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