

Flu Symptom Home Remedies

Use these 7 home remedies to care for yourself during this flu season and keep doctor costs at a minimum. There is no cure for the flu, but these natural remedies might help soothe some of your symptoms.

Drink lots of fluids.

Drinking water and other fluids is super important. Water helps to keep your nose, mouth, and throat moist. This helps your body get rid of built-up mucous and phlegm.



Increase vitamin C and D intake.

The antioxidants in vitamins C and D may help reduce the severity and lengths of viral respiratory infections. You can find vitamin C in many different foods, including citrus fruits, brussels sprouts, and peppers. You can find vitamin D in fatty fish, cheese, egg yolks, and mushrooms.

Get plenty of rest.

It's important to rest and get more sleep when you have the flu. Sleeping can help boost your immune system. This helps your body fight off the flu virus. Make sleep a priority to help you get back on your feet.

Maintain good hygiene.

Wash your hands often and avoid touching your eyes, nose and mouth as much as possible. Clean and disinfect frequently touched surfaces and avoid close contact with anyone else.



Rinse your sinuses.

Rinsing the nose and sinuses with a neti pot or other nasal rinse may help reduce flu symptoms by removing viral particles and other debris from the nose and sinuses. Only use sterile, filtered, or treated water for nasal rinses to avoid the risk of infection.



Rinse with salt water.

A warm salt water rinse (sometimes called a salt water gargle) can soothe a sore throat. It can also help to clear mucus. Here's how to rinse with salt water:

1. Boil or heat water and let it cool until it's warm or at room temperature. Mix 1/2 tsp salt to 8 ounces of warm water.
2. Pull the salt water to the back of your throat and gargle it for about 10 to 30 seconds so that it rinses your mouth and throat.
3. Spit the water into the sink and repeat 2 to 4 times.

Do not swallow the salt water.

Use humidity.

Humid environments and inhaling steam can help keep respiratory passageways moist and keep mucus flowing. This may help reduce flu symptoms.

Try taking a long, warm bath or shower or using a personal humidifier.

