

Avoid colds and flu

Prevention (Truly) is in Your Hands

You can help protect yourself against colds and the flu even if others around you are sick. A lot of it comes down to keeping your hands germ-free.

- **Wash your hands frequently**
- **Disinfect surfaces at work and home often.** Pay special attention to items that many people touch, such as phones, doorknobs, and keyboards
- **Don't touch your eyes, nose, and mouth**
- **Avoid close contact with people who have a cold,** especially during their first few days of symptoms. That's when they're more likely to spread their germs
- **Ask your doctor if the flu shot is right for you**



If you get a cold or the flu

How to Find Relief and Feel Better

If you do come down with a cold or the flu, there are several things you can do to feel better while the virus runs its course.

- **Get plenty of rest.** Just "slowing down" isn't enough
- **Drink lots of non-caffeinated fluids**
- **Enjoy a warm bowl of chicken soup.** It won't cure your cold, but it can help soothe a sore throat
- **Use a humidifier.** It can help ease your congestion
- **Take TYLENOL® for pain and fever.** TYLENOL® is the #1 doctor-recommended brand of pain reliever for the aches and fever of colds and flu



Important reminders

Always Read and Follow Medicine Labels

- **Identify the active ingredients**
- **Do not take more than one medicine containing the same active ingredient** (eg, acetaminophen, the active ingredient in TYLENOL®)
- **Do not take more than the recommended dose**

Tip: Prescription drugs containing acetaminophen are sometimes labeled **APAP**, the abbreviation for acetaminophen



Use only as directed.

Feel better,
TYLENOL
www.Tylenol.com