

Patient's Guide

What to do for flu-like symptoms and respiratory infections?

Dear Patient,

Symptoms such as coughing, runny nose, and sore throat are common companions of respiratory infections. The following tips are intended to help you support your recovery and improve your well-being.

General Measures

- ✓ **Rest:** Give your body enough rest to recover.
- ✓ **Drink plenty of fluids:** Stay well-hydrated with water or herbal teas.
- ✓ **Use home remedies:** Gargling with salt water or inhaling steam can ease symptoms.
- ✓ **Practice hand hygiene:** Wash your hands regularly to prevent the spread of germs.

To Support the Immune System

- ✓ **Vitamin C:** A daily intake of up to **1000 mg** can help reduce the duration and severity of symptoms.
- ✓ **Zinc:** A moderate intake of **15–25 mg** per day can support immune function.

When to Seek Medical Help

- ⚠ If you have a high or persistent fever.
- ⚠ If symptoms worsen or do not improve.
- ⚠ For shortness of breath, severe chest pain, or other unusual symptoms.

Stay healthy!

Praxis Adar