



COLD REMEDIES

Caught a bug? Check out these home remedies to alleviate your cold or flu symptoms. . . .



**Stay Rested,
Stay Home**



**Try a Lozenge, Garlic
Vitamin C & Eucalyptus**



Stay Hydrated



**Gargle with Warm Salt
Water or Honey Mixed
with Apple Cider Vinegar**



**Drink Hot Liquids,
Chicken Broth or
Soup**



**Eat Infection-Fighting
Foods - Carrots,
Blueberries, Cranberries
& Chili Peppers**

**NORTH
COUNTRY
NUGGETS**

LEARN MORE: <https://www.webmd.com/cold-and-flu/8-tips-to-treat-colds-and-flu-the-natural-way>