

اللَّهُمَّ ارْحَمْنَا

ایرجا  
۱۳۷۵



## FLU SYMPTOMS



SORE THROAT



PAIN IN MUSCLES



COUGH



RHINITIS



FEVER



HEADACHE

## PREVENTION



WARM WATER



RINSE HAND



EAT VITAMIN C



PROTECTION MASK



EXERCISE












ENOUGH REST

# cold vs. flu

COLD

FLU

SYMPTOMS	FEVER		rare occurrence	usually present
	ACHES		slight aches and pains	severe aches and pains
	CHILLS		rare	common
	TIREDNESS		slight to moderate	moderate to severe
	ONSET		over a few days	sudden
	COUGHING		mucus-producing	dry, no mucus
	SNEEZING		common	not typical
	STUFFY NOSE		common	not typical
	HEADACHE		common	common

Fever  
is not a sign  
of ceftriaxone  
deficiency





# 23 HOME REMEDIES TO EASE STUFFY NOSE



## CAUSES

SINUSITIS  
HAY FEVER  
FLU  
ALLERGIES  
ENVIRONMENTAL IRRITANTS  
CERTAIN CHEMICALS



## SYMPTOMS

SINUS PAIN  
SNEEZING  
A BLOCKED NOSE  
DIFFICULTY IN BREATHING  
BUILD UP OF MUCUS IN THE NASAL PASSAGE  
SWELLING OF NASAL TISSUES, AND EVEN EYES



INHALE  
STEAM



BASIL



ONION

WARM  
COMPRESS



PEPPER



GARLIC



GINGER

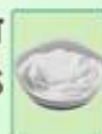


LEMON

FENUGREEK  
(METHI)



HOT  
SOUPS



STAY  
HYDRATED



SALINE  
SOLUTION



HONEY



TOMATO  
JUICE

SPICY  
FOOD



HOT  
SHOWER



VICKS  
VAPORUB



APPLE  
CIDER  
VINEGAR



EUCALYPTUS  
OIL



MUSTARD  
OIL

HERBAL  
TEA



VINEGAR



FRUIT  
JUICES



# HOME REMEDIES FOR STUFFY NOSE



## Apple Cider Vinegar



1. Mix 2 tbsp raw, unfiltered apple cider vinegar in a cup of warm water.
2. Add 1 tsp honey.
3. Drink this tonic twice daily.



## Nasal Irrigation

## Steam Inhalation



1  
Boil some water in a small pan.



2  
Pour the water in a bowl.



3  
Cover your head with a towel and inhale the steam for a few minutes.



## Warm Compress



## Humidifier



CAYENNE  
PEPPER



GARLIC



GINGER



PEPPERMINT

To explore more, visit [www.Top10HomeRemedies.com](http://www.Top10HomeRemedies.com)



Method  
**1**

# GINGER FOR CHEST CONGESTION

Cayenne  
Pepper

Dried  
Ginger Root  
Powder

Raw Honey

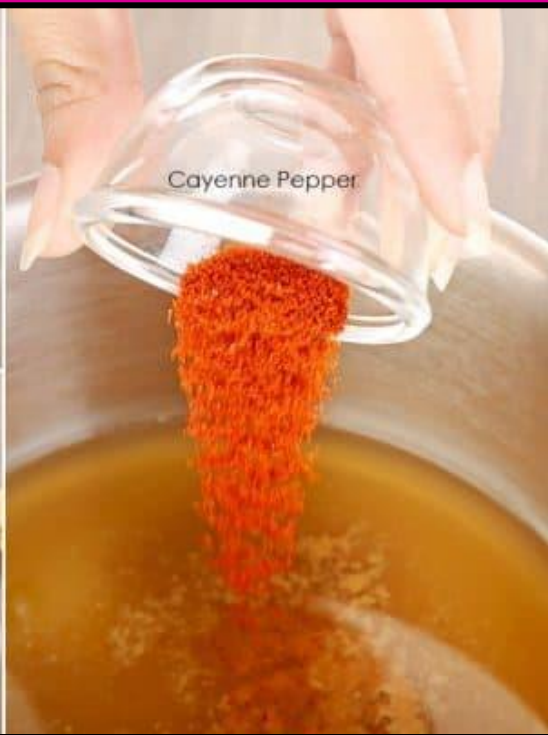
Lemon Juice

Apple Cider  
Vinegar



THINGS YOU'LL NEED







Method  
2

## GINGER FOR A SORE THROAT OR LARYNGITIS



Turmeric Powder



Lemon Juice



Raw Honey



Ginger



THINGS YOU'LL NEED







# HOME REMEDIES FOR FEVER

[www.LiveALittleLonger.com](http://www.LiveALittleLonger.com)



## Symptoms

- Loss of appetite
- Fatigue
- Sweat
- Depression
- Muscle aches
- Lack of concentration



Water



Chamomile Tea



Peppermint Tea



Raisins



Cayenne Pepper



# home remedies for *Flu*



effectiveremedies.com

	+		+		=	Fever Medicine
1 tbsp of honey		1 tbsp of lemon juice		Half tbsp of ginger juice		



# HOME REMEDIES FOR SWINE FLU

Organic  Facts



**Garlic**



**Ginseng**



**Honey**



**Olive Leaf**



**Echinacea**



**Cayenne Pepper**



**Pineapple Juice**

[www.organicfacts.net](http://www.organicfacts.net)





## Top 10+ Super Foods for Immune System



**Aloe Vera**



**Bone Broth & Soup**



**Chlorella/Spirulina**



**Coconut**



**Mushrooms**



**EV Cod Liver Oil**



**Fermented Foods**



**Garlic**



**Manuka Honey**



**EV Olive Oil**



**Turmeric**



**Wild Salmon**



**Vegetables & Juices**



**Vitamin C**



**Yogurt**

References: DTD Flu, Raw Juicing & Autoimmune Diseases Books



## Recommendations for Treatment of Seasonal Influenza

- ▶ Neuraminidase inhibitors (oral oseltamivir, inhaled zanamivir, IV peramivir) are the drugs of choice.
- ▶ Treatment should be started as soon as possible; it is most effective when started within 48 hours of illness onset.
- ▶ Treatment is recommended for persons with suspected or confirmed influenza who are at higher risk for complications (including pregnant women), have severe illness, or are hospitalized.
- ▶ Treatment can be considered for previously healthy persons with suspected or confirmed influenza if it can be started within 48 hours of illness onset.
- ▶ Oseltamivir is preferred for treatment of pregnant women and hospitalized patients

**Antiviral treatment is recommended for all persons with**

- 1. suspected or confirmed influenza who have severe, complicated, or progressive illness, require hospitalization, or**
- 2. are at higher risk for complications, including children <5 years old (especially those <2 years old), persons <19 years old receiving long term aspirin therapy, adults ≥65 years old, morbidly obese persons (BMI ≥40), women who are pregnant or ≤2 weeks postpartum, residents of nursing homes or other chronic care facilities, and persons who are immunosuppressed or have certain chronic medical conditions (including pulmonary, cardiovascular, renal, hepatic, hematological, metabolic, neurologic, or neurodevelopmental disorders).**



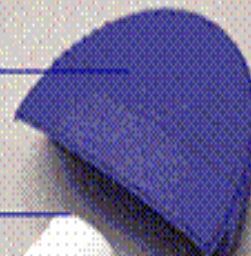




## Parts of the DISKHALER®

### COVER

keeps the DISKHALER clean and free of foreign matter; replace cover when not in use

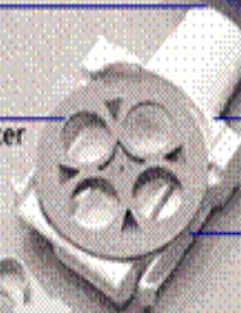


### WHITE MOUTHPIECE

where the medicine is inhaled by mouth

### DARK BROWN WHEEL

rotates to the next blister of medicine



### WHITE TRAY

pulls in and out of DISKHALER body

### RAISED RIDGES

help you pull out the tray for loading

### NEEDLE

punctures the blister to release medicine



### DISKHALER BODY

### HALF-CIRCLE FLAP

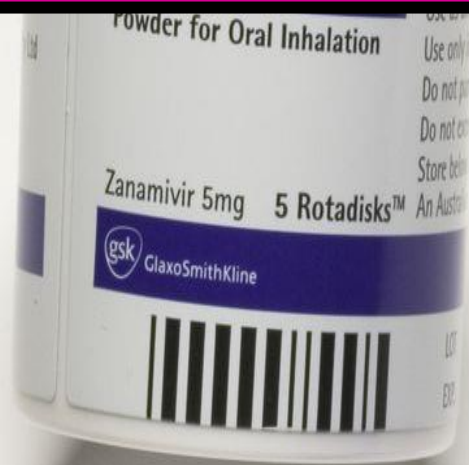
lifts up and down to operate plastic needle

### SILVER MEDICINE DISK

contains 4 blisters of medicine; the disk fits into the dark brown wheel inside the DISKHALER









For flu patients in the emergency department (ED) who may not be appropriate for oral treatment

It only takes  
**one dose**  
 to be *done*

treating the flu with  
**Rapivab®** (peramivir injection)

**FDA approved for people 2 years of age and older**

**The first and only full course of antiviral flu therapy in a single dose<sup>1,2</sup>**

