

1. **Stay Hydrated:**

- Drink plenty of fluids such as water, herbal teas, and clear broths.

2. **Rest:**

- Ensure you get plenty of sleep to help your body fight the infection.

3. **Humidify the Air:**

- Use a humidifier to keep the air moist, which can help soothe irritated nasal passages and throat.

4. **Saline Nasal Drops/Spray:**

- Use saline drops or sprays to relieve nasal congestion and keep nasal passages moist.

5. **Honey and Lemon:**

- Mix honey and lemon in warm water to soothe a sore throat and reduce coughing.

6. **Gargle with Salt Water:**

- Gargle with warm salt water to relieve a sore throat.