

Did You Know...

THESE FLU RECOVERY TIPS

Flu season is upon us, and for the unfortunate ones who have to suffer through it, the road to recovery can be a tough one. Here are a few tips to help recover from the flu.

Stay home and stay well rested

The flu takes a lot out of us and getting plenty of rest will help with recovery. Additionally, staying home and resting have the added benefits of curbing the spread of illness.

Drink plenty of fluids

Fluids fuel your immune system by helping move important proteins around your body. We're also losing a lot of these fluids in the form of mucous. Do your best to get plenty of liquids, whether tea, soup, or water.

Consume foods with the right vitamins and minerals

It takes a lot of work for our bodies to fight the flu, so getting these vitamins and minerals we need is important both to strengthen our immune systems and recover from illness. Vitamin C, zinc, and vitamin A contribute to a good immune system and overall health. Oranges, bananas, whole grains, greens and nuts are filled with these vitamins.

Consider the flu shot

The flu shot is still your best way to avoid the illness.

At Black & McDonald, Nobody Gets Hurt, Today or Tomorrow!

