Colds and Flu!

Not wearing a coat or having wet ___ will not make you sick
If your nasal discharge is this color, it might be time to see a doctor
Be sure to use the correct ___ for your medicines
___ are very important, so drink lots of tea, juice and water
People with weakened ___ systems should get a flu shot every year
Flu viruses ___ and evolve, even during the middle of flu season
Feed a cold and ___ a fever is an old wives' tale
If your head feels ___ consider a decongestant
Honey is a natural soother for a sore ___
Grandma’s ___ soup is an old cold remedy
Over-the-___ nasal sprays work, but should only be used for 2-3 days
Taking cold medicine at the first sign of illness may help ___ the cold
The ___ flu involves intestinal problems and isn’t the same thing as the flu
If you don’t like shots, you can get the flu ___ via a nasal spray
Vaccines are made of dead ___ that are injected into your body
___ is how your body gets rid of mucus, a throat lozenge might soothe
Flu season is at its worst December through ___
Antihistamines reduce the body’s ___ to irritants and allergens
Coughing or ___ can spread a cold via saliva in the air
Cold medicine treats the ___ not the infection
Do not take aspirin - acetaminophen or ___ are best
A cold is a sign that your body is battling an ___ or bronchitis can be complications following a bad cold or flu
Hand ___ is good, but soap and water are best for cleaning hands
You can be ___ and spread a cold before you even know you are sick ___ only help fight bacterial infections, not viruses
Otitis media is another term for an ___ _, a possible complication
NSAIDs (___ anti-inflammatory drugs) reduce fevers and pain

Enter unused letters from puzzle, in order:

___ ___ ___ ___ ___ ___ ___

___ ___ ___ ___ ___ ___ ___

___ ___ ___ ___ ___ ___ ___

Copy boxed letters to form your hidden message:

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