Treatment for Uncomplicated Seasonal Flu

- Your doctor might conduct a rapid diagnostic test that can detect influenza viruses within about 30 minutes.

- The doctor may conduct other tests if necessary.

- The CDC reports that 4 licensed influenza antiviral medications are available in the United States: amantadine, rimantadine, zanamivir, and oseltamivir.

- The CDC also states that studies show when administered within 2 days of illness onset to otherwise healthy adults, amantadine and rimantadine can reduce the duration of uncomplicated unfluenza A illness, and zanamivir and oseltamivir can reduce the duration of uncomplicated influenza A and B illness by approximately 1 day.

- Drink plenty of fluids, especially fruit juices.

- Take aspirin, acetaminophen, or ibuprofen for example, for headache and fever.

- Rest in bed.

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