## Quiz 1

## Name :

## Which treatments should I take for flu symptoms?

The [flu treatment](http://www.webmd.com/cold-and-flu/flu-guide/flu-treatment) you should take depends on your symptoms.

For example, if you have nasal or [sinus](http://www.webmd.com/allergies/picture-of-the-sinuses) congestion, then a decongestant can be helpful.

[Decongestants](http://www.webmd.com/allergies/guide/decongestants) come oral or nasal spray forms.

Decongestants are used to reduce swelling in the nasal passageways. However, nasal spray decongestants should not be used for more than a few days because, if they are used too long and then stopped, they can cause rebound symptoms.

If you have a runny nose, [postnasal drip](http://www.webmd.com/allergies/postnasal-drip), or itchy, watery [eyes](http://www.webmd.com/eye-health/picture-of-the-eyes) then an antihistamine may be helpful for your flu symptoms. [Antihistamines](http://www.webmd.com/allergies/guide/antihistamines-for-allergies) block the effect of "histamine," and help relieve such annoying symptoms as [sneezing](http://www.webmd.com/allergies/features/11-surprising-sneezing-facts), [itching](http://www.webmd.com/skin-problems-and-treatments/guide/skin-conditions-pruritus), and nasal discharge.