

THE COLD & FLU



The Symptoms Are Similar

- Fever
- Sore throat
- Cough
- Muscle aches
- Headache
- Loss of appetite
- Chills and sweats
- Runny/stuffy nose
- Sneezing
- Fatigue/weakness
- Nausea
- Vomiting/diarrhea

Ways To Treat Your Cold or Flu

- **Do not go to work or school if you are not feeling well. Stay home until you have been fever-free for 24 hours without fever-reducing medication.**
- Get plenty of rest, especially while you have a fever. Rest helps your body fight infection.
- Stop smoking and avoid secondhand smoke, which can make cold symptoms worse.
- Drink lots of fluids such as water and clear soups. Fluids help loosen mucus. Fluids are also important because they help prevent dehydration.
- Gargle with warm salt water a few times a day to relieve a sore throat. Throat sprays or lozenges may also help relieve the pain.
- Use saline (salt water) nose drops to help loosen mucus & moisten the tender skin in your nose.
- Avoid alcohol.

Over-the-counter Cold and Flu Medicines

- **Pain and fever reducers** relieve pain and reduce fever. Examples include acetaminophen (Tylenol), aspirin, ibuprofen (Advil, Motrin), ketoprofen and naproxen (Aleve). **Warning: Children and teenagers shouldn't be given aspirin because it can cause Reye's Syndrome.**
- **Cough Suppressants/Expectorants** help coughs. Examples are Robitussin DM and Mucinex.
- **Decongestants/Antihistamines** reduce nasal congestion. Examples are Sudafed, Benadryl, and Afrin. People with high blood pressure or overactive thyroids should consult with their health care provider before taking these medications. Adults should only use the nasal spray for a few days.



Call Your Health Provider If You Have These Symptoms

- A high, prolonged fever (above 101 degrees for 3 or more days)
- Symptoms that last for more than 10 days or are getting worse
- Trouble breathing or shortness of breath
- Pain or pressure in the chest
- Fainting or feeling like you are about to faint
- Confusion or disorientation
- Severe or persistent vomiting or diarrhea