

Cold & Flu Symptoms

Cold Symptoms

- Stuffy nose
- Sore throat
- Sneezing
- Mild fatigue/weakness
- Mild to moderate hacking cough
- Slight general aches and pains
- Possible fever
- Possible headache
- Seldom experience extreme exhaustion

Complications

- Sinus congestion
- Earache

Prevention:

- Keep immune system healthy
 - Get plenty of rest
 - Eat well balanced meals and supplement with vitamins
 - Drink plenty of fluids
 - Manage stress
 - Exercise
- Wash hands regularly
- Don't share drinking or eating utensils
- Avoid direct contact with ill individuals
- Avoid smoking and second hand smoke

Treatment of Symptoms:

- Temporary relief of symptoms by use of over-the-counter medications.

Flu Symptoms

- High fever, lasts 3-4 days
- Prominent headaches
- Often severe general aches and pains
- Fatigue/weakness lasting for 2-3 weeks
- Extreme exhaustion
- Cough/chest discomfort

Occasional Symptoms:

- Stuffy nose
- Sneezing
- Sore throat

Complications:

- Bronchitis
- Pneumonia
- Can be life-threatening

Prevention:

- Annual flu vaccination-administered free at Health Service.
- Keep immune system healthy.
 - Get plenty of rest
 - Eat well balanced meals and supplement with vitamins
 - Drink plenty of fluids
 - Manage stress
 - Exercise
- Wash hands regularly
- Don't share drinking or eating utensils
- Avoid direct contact with ill individuals
- Avoid smoking and second hand smoke

Treatment of Symptoms:

- Prescription medication may be helpful depending on the flu strain.
- Temporary relief of symptoms with use of over-the-counter medications.

Over-the-Counter medications for cold or flu symptoms.

Over-the-counter medications can alleviate the symptoms, but there is no cure for a cold and/or the flu.

- **Headache, fever and general aches and pains**, use Analgesics or Antipyretics such as Tylenol (Acetaminophen) or Advil (Ibuprofen).
- **Runny nose, itchy-watery eyes and sneezing**, use Antihistamines such as Benadryl (Diphenhydramine) or Chlor-Trimeton (Chlorpheniramine).
- **Nasal or sinus congestion**, use decongestants like Sudafed (Pseudoephedrine), Afrin Spray (Oxymetazoline) or Ocean Nasal Spray (Saline Solution).
- **Sore throat**, use Analgesics like Cepastat Lozenges or Chloraseptic Spray also saltwater gargles
- **Chest congestion**, use Expectorant like Robitussin Lozenges or Robitussin Syrup (Guaifenesin).
- **Chest congestion with cough**, try Robitussin with Dextromethorphan.
- **Nasal or sinus congestion, runny nose, itchy-watery eyes and sneezing**, use Decongestant or Antihistamine such as Actifed (Pseudoephedrine with Triprolidine) or Dimetapp (Pseudoephedrine with Brompheniramine).