

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 health

- ✓ 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

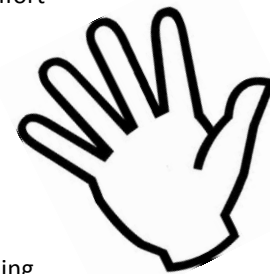
- ☞ Annual flu vaccination – administered free at Health Service
- ☞ Keep immune system healthy

- ✓ 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).