

Cold & Flu Guide

Common symptoms of a cold include:

- Mild aches and pains
- Stuffy nose
- Mild fatigue and weakness
- Sneezing
- Sore throat
- Mild head ache
- Mild to moderate chest discomfort and or a hacking cough

Common treatments of colds are antihistamines, decongestants, and non-steroidal anti-inflammatory medicines that can be purchased over the counter. Remember to wash your hands often and avoid close contact with anyone with a cold. Some complications that can be caused by a common cold include sinus congestion, middle ear infection, and asthma. Consult your physician if you are experiencing such complications.

Common symptoms of the Flu include:

- 100-102 degree fever that lasts 3-4 days
- Headache
- Severe aches and pains
- Fatigue and weakness that can last 2-3 weeks
- Extreme exhaustion at the beginning of the illness
- Chest discomfort and cough

Common treatments of the Flu are antiviral medicines prescribed by your physician. Consult your physician for a Flu test that can be done in the office if you are experiencing these symptoms. Remember to avoid close contact with anyone with influenza, when you are sick avoid contact with others. If possible stay home, cover your mouth and nose with a tissue when coughing or sneezing. Wash your hands and avoid touching your eyes, nose, or mouth. Germs are often spread when a person touches something that is contaminated with flu germs and then touches his or her eyes, nose, or mouth. Annual vaccination can prevent the Flu. Often the Flu can cause other complications such as bronchitis, pneumonia, and can be life threatening.