

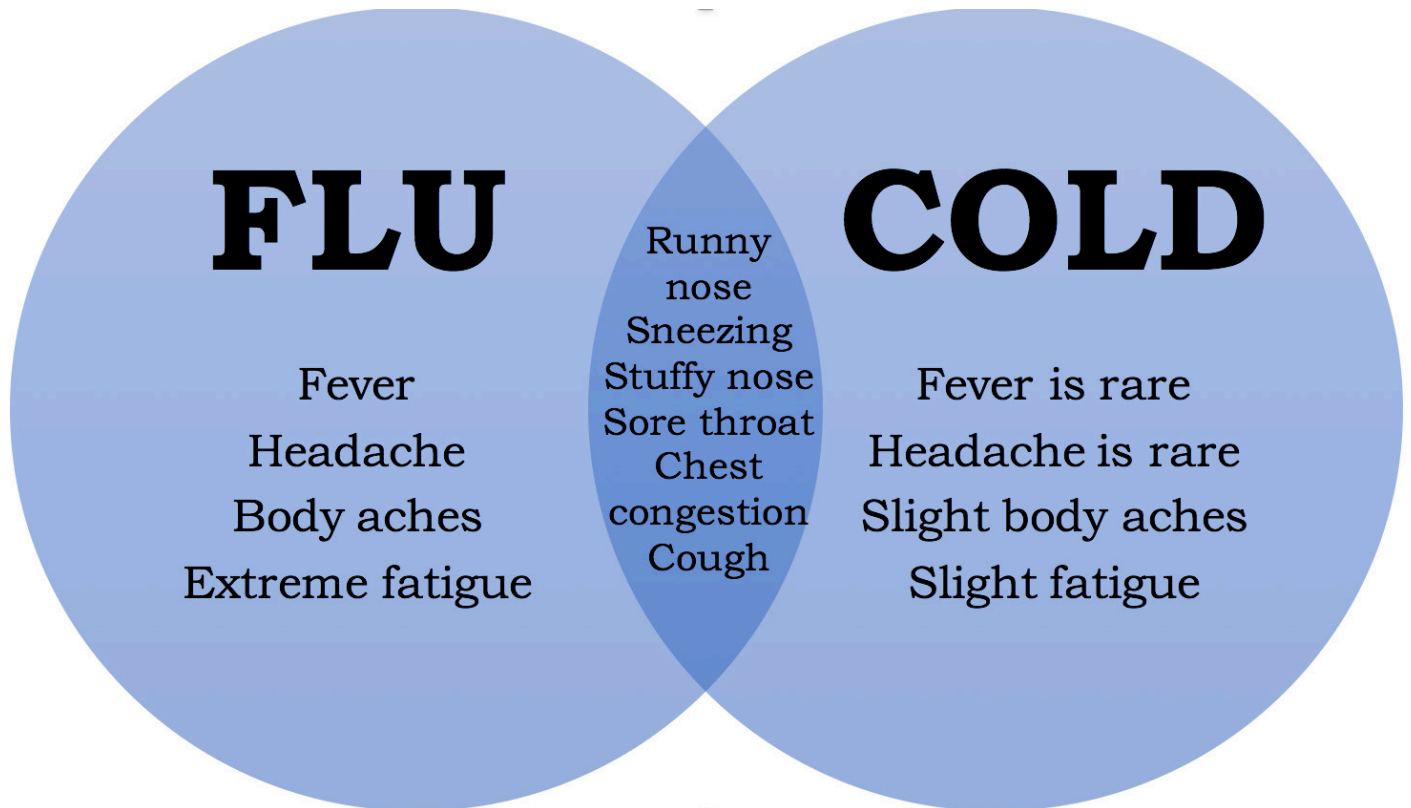


FAQ on Cold and Flu

What are the symptoms of the common cold? Viral infections usually cause a cough, runny nose, and other symptoms of the common cold. Viral infections also cause influenza. Most people get over a cold or the flu without lasting problems. Even so, having a cold or the flu can be uncomfortable.

- Sneezing
- Coughing
- Runny or congested and stuffy nose
- Sore throat
- Chest congestion

What is the Difference between Influenza and the Common Cold?



When should I go to the doctor? Most people who have a cold or the flu do not need to see the doctor or nurse. Because the cold and flu are viral infections, they will not respond to antibiotics. However, you should call your doctor or nurse if you have:

- Trouble breathing
- A fever and you also have lung disease, such as asthma
- A sore throat that is not caused by cough or post-nasal drip
- A cough that lasts longer than 10 days
- Chest pain when you cough or coughing up blood
- A stuffed nose with sinus pain that gets worse or does not get better after 2 weeks
- Ear pain, that is not improved with anti-inflammatory pain medications, such as Ibuprofen

Go to the Emergency Department if you have any of the following symptoms:

- Difficulty breathing or shortness of breath
- Severe pain or pressure in the chest or abdomen
- Severe or persistent vomiting
- Sudden dizziness
- Confusion

What can I do to feel better? For natural symptom relief, you can do the following:

- For runny nose, nasal congestion, or sinus pain, perform saline sinus washes with saline sprays or the Neti Pot. It can improve symptoms and cut down on the number of sick days.
- For sore throat and/or cough, drink plenty of fluids, gargle with salt water (1 teaspoon of table salt in a cup of warm water), or drink warm tea with honey.
- Use a cool mist humidifier or deep breathe steam in a shower.
- Avoid cigarette smoke.
- Preference healthy foods that are high in zinc and Vitamin C, which are the only vitamins proven to shorten the length of a cold
- Get plenty of rest.



You can try cough and cold medicines that you can get over the counter (OTC). These medicines can help with your symptoms. But they won't cure your cold, or help you get well faster.

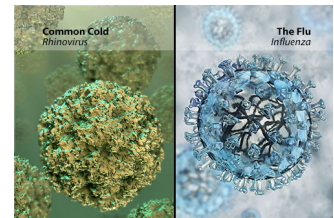
Avoid multi-symptom cold remedies which tend to be less effective (and more expensive) than those intended for individual symptoms. If you decide to try OTC medications, be sure to follow the directions on the label. Do not combine 2 or more medicines that have acetaminophen (also known as Tylenol) in them. If you take too much acetaminophen, the drug can damage your liver.

Do NOT take medications containing Sudafed (also known as Pseudoephedrine) if you have a heart condition, high blood pressure, or are taking an antidepressant known as a selective serotonin reuptake inhibitor.

How long will I be sick? The common cold usually lasts 3 to 7 days in adults, but some people have symptoms for up to 2 weeks.

Can the common cold lead to more illnesses? In some people, having a cold can lead to the following problems, which may require treatment from a doctor or nurse practitioners:

- Pneumonia or bronchitis (infections of the lungs)
- Ear infections
- Worsening of asthma symptoms
- Sinus infections



How can I keep from getting another cold or flu? The most important thing you can do is to wash your hands often with soap and water. Alcohol hand rubs work well, too. You never know when you might be exposed to germs. That's why it's so important to clean your hands often.



Other things you can do to avoid getting another cold include:

- **Get the flu shot**
- Clean common surface areas and shared equipment, such as telephones and keyboards, in your home or dorm with disinfectant wipes
- Don't share cups, plates, or silverware—you never know if someone might be contagious
- Help your body fight off infection with adequate rest, healthy food, regular moderate exercise, and plenty of non-alcoholic, non-caffeinated liquids
- Avoid crowded areas with poor ventilation
- Quit smoking and avoid second-hand cigarette smoke, which irritates the lining of the nose and mouth
- If you are sick, limit your interactions with others to prevent the spread of the virus