

# Know What to do for Colds & Flu



Is it a Cold or the Flu? Symptoms for both can include a stuffy or runny nose, sneezing, a sore throat, and a cough.

## HOW CAN YOU TELL THE DIFFERENCE?

**Cold symptoms** come on slowly and mostly affect you above the neck. You can usually do daily tasks.

**Flu symptoms** come on quickly and affect the body all over. Severe body aches, fatigue, a high fever, and a headache make you want to stay in bed. Flu can have serious complications, including pneumonia, bacterial infections or hospitalizations, especially in people at higher risk, such as older adults and younger children.

## HELP PREVENT ANTIBIOTIC RESISTANCE

Antibiotics treat infections from bacteria. Taking antibiotics for cold and flu viruses is a major cause of antibiotic resistance. With this, bacteria that were once fought off by antibiotics have become stronger than the medicine. An example is MRSA – Methicillin-resistant Staphylococcus aureus. This can cause pneumonia or an infection that affects the skin.

## TREATMENT

- For flu symptoms, call your doctor. An antiviral medicine may be prescribed. This can make flu symptoms milder and help you get better sooner if begun within 48 hours of the start of symptoms.
- Take an over-the-counter medicine to lower fever and relieve pain, as advised.
- Rest. Stay home until a fever is gone for 24 hours.
- Drink plenty of fluids. Eat broth-based soups, such as chicken soup.
- Use over-the-counter saline nasal drops or spray.
- Gargle with warm salt water. Mix 1/4 teaspoon of salt in one cup of warm water.
- Limit spreading germs. Cover your coughs and sneezes. Wash your hands often. Use an alcohol-based wipe or gel. Clean and disinfect door handles, phones, railings, light switches, and remote controls.
- If you think you may have COVID, talk to a healthcare provider about getting tested and follow their recommendations for managing your symptoms.

