



COLD VS FLU

What's the difference between the common cold and flu?

- They are both respiratory illnesses, but are caused by different viruses.
- It can be difficult to tell the difference between the two, but your doctor can run a test to help determine if you are sick with the flu.

How To Protect Yourself.

- Wash your hands often with soap and water for 20 seconds.
 - If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay away from people who are sick.
- Get your flu vaccine every year.

When should you see your doctor?

- If symptoms last more than 10 days
- If symptoms are severe or worsen
- If your child has a fever and is less than 3 months of age

Contact Us

at 804-288-8361 to talk with a pharmacist about what products would be best for you!!

<u>Signs and Symptoms</u>	<u>Cold</u>	<u>Flu</u>
Symptom Onset	Slow	Abrupt
Fever	Rare	Common
Aches	Sometimes	Common
Chills	Uncommon	Common
Fatigue, Weakness	Sometimes	Common
Sneezing	Common	Sometimes
Chest Discomfort, Cough	Mild to Moderate	Common
Stuffy Nose	Common	Sometimes
Sore Throat	Common	Sometimes
Headache	Rare	Common

Over the Counter Medications for Cold and Flu Symptoms

- Analgesics: Acetaminophen, ibuprofen, naproxen
 - Body aches, fever, headache
- Antihistamines: Cetirizine, diphenhydramine, loratadine
 - Runny nose, sneezing, congestion
- Expectorant: Guaifenesin
 - Wet cough
- Antitussive: Dextromethorphan
 - Dry Cough
- Decongestant: Pseudoephedrine
 - Congestion

To learn more about the differences between cold and flu visit the following CDC website <https://www.cdc.gov/flu/symptoms/coldflu.htm>