

## Cold, Flu or Allergies ?

*Confused about whether the runny nose, cough, or sneeze is a serious problem or just a nuisance? Here's a guide to differences.*

	<b>Cold</b>	<b>Influenza</b>	<b>Allergies</b>
<b>Cause</b>	Rhinovirus 200 variations	Influenzavirus A Influenzavirus B	Indoor Allergen Outside Allergen Seasonal
<b>Symptoms</b>	Fever Body aches Tiredness Cough, sneeze Headache Runny or stuffy nose Sore, scratchy throat	Fever, body chills Muscle, body aches Extreme fatigue Cough, sneeze Headache Vomiting/ diarrhea Don't always have runny or stuffy nose	No fever Wheeze Watery, itchy eyes Violent sneezing Cough Runny nose/ stuffed nose
<b>If untreated</b>	Should resolve in 7 days if no complications	Can progress to: Pneumonia Bacterial infections Bronchitis Sinus/ear infection Respiratory complications	Can progress to: Sinusitis Ear infections Chronic allergic symptoms
<b>Medical Treatment</b>	Over-the-counter meds Increase intake of Vitamins C, Zinc See Dr if symptoms worsen or don't lessen after 1 wk	Over-the-counter meds Seasonal Vaccines See Dr if symptoms worsen or don't lessen after 1 week	Remove allergen if possible Over-the-counter meds Allergy shots

- There is no medication that can “cure” the common cold.
- Antibiotics treat bacterial infections, not viruses.
- Antiviral medications may lessen the severity and duration.

For more information go to: [www.CDC.gov](http://www.CDC.gov) or [www.aafa.org](http://www.aafa.org)

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## **COLDS and INFLUENZA GERMS**

Germs from an infected person become airborne during a cough or sneeze. These germs can be inhaled and/or contaminate objects. Touching a contaminated object or the secretion itself and then touching a face, nose, or mouth introduces the virus into the next person. The best defense is a healthy immune system. Persons with high-risk medical issues should not provide care to someone sick, if at all possible.



### **PREVENTION**



- ✓ Good hand-washing with soap & water for 20 seconds.
- ✓ Use alcohol-based hand sanitizers.
- ✓ Adequate rest every day for a strong immune system (and faster healing).
- ✓ Good nutrition and hydration; water flushes out toxins.

### **HELP AVOID SPREADING GERMS**

- Stay home when febrile, coughing, or having flu-like symptoms for at least 24 hours after fever is gone.
- Avoid confined spaces with large numbers of people.
- Avoid close contact (6 feet or closer) when sick.
- Avoid sharing food, drinks, or eating utensils. Wash dishes and utensils in very hot water or in dishwasher.
- Wash hands frequently with soap and water or use alcohol-based hand sanitizers.
- Avoid touching your eyes, nose, lips and mouth.
- Cough into your clothing at the elbow. Cover your cough or sneeze into a tissue, then discard tissue and wash hands.
- Disposable masks can be worn to reduce airborne droplets.
- Wash solid surfaces, bathrooms, and exposed areas frequently with household cleansers.

*"He that hath clean hands, and a pure heart...shall receive the blessing from the Lord..." Psalms 24:4-5*

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