Prevention is Key!

- Avoid touching face with hands.
- Wash hands thoroughly and often.
- Disinfect commonly touched surfaces (door knobs, sink handles, phones, etc.).
- Exercise regularly, get enough sleep, and eat healthy to support a strong immune system.

Symptoms: Self Diagnosis

- A cold usually begins with a sore throat followed by a runny nose, cough, congestion, sneezing, and fatigue.
- A cold will set in over 24-48 hours, while the flu sets in abruptly without warning.
- A fever with body aches are rare, especially one over 101° F. A fever can indicate the flu or a different infection.

Treatment: What to Do

- Time is the only cure for a cold. If symptoms last longer than 7-10 days, contact your physician.
- Drink plenty of fluids (water and juice).
- Let your body rest.
- Over-the-counter cold medicines can help relieve symptoms.
- Ask your pharmacist about herbals: echinacea, zinc, and vitamin C.

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Brought to you by this pharmacy and the National Community Pharmacists Association