

## IT'S COLD SEASON HOW TO CLOBBER THE COMMON COLD



### 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.

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

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