

COLD AND FLU

A. Facts about the Cold and Flu

Flu	Common Cold
Caused by Influenza viruses	Causes by Rhino Virus
Affects the entire the whole body: joint pains, weakness, fatigue, headache, running nose, blocked nose, sore throat, dry cough	Mainly affects the nose with slight irritation of the throat.
You feel very sick	Rarely makes you feel sick: have a running/ blocked nose.
Occurs suddenly	Occurs over several days
There is a vaccine	No vaccine

B. Remedies for the cold and Flu

- Drink plenty of fluids that boost immunity: avoid alcohol that will lead to dehydration.

- Plenty of Rest especially during the Easter season that boosts immunity and allows your body to recover.
- Chicken soup: known to relieve congestion
- Honey/ginger : soothes the throat and helps with the cough
- Paracetamol/panadol for the aches and pains
- Steam inhalation to decongest the nose.

C. When to see a Doctor:

- Not all colds and Flus require you to visit a Doctor.
- All those with increased risk should see a Doctor once they develop the flu.(children less than 1 year, adults above 50 years, pregnant women and those with long standing illnesses e.g. Asthma, Diabetes and HIV
- When the symptoms persist for more than 4 to 5 days.
- When you get symptoms of
 - Pneumonia and bronchitis:
 - Productive cough with phlegm
 - Pain in the chest when taking deep breaths
 - Ear infection:
 - Pain in the ear

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