

Think you have a cold or the flu?

The symptoms of the cold and the flu are very similar:

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|--------------------------------------|--|--|
| <input type="checkbox"/> Sneezing | <input type="checkbox"/> Runny/stuffy nose | <input type="checkbox"/> Muscle aches |
| <input type="checkbox"/> Sore throat | <input type="checkbox"/> Headache | <input type="checkbox"/> Fatigue/weakness |
| <input type="checkbox"/> Cough | <input type="checkbox"/> Fever | <input type="checkbox"/> Chills and sweats |

Here's how you should take care of myself:

- Get plenty of rest
- Drink extra fluids – this helps to loosen mucus and prevent dehydration
- Prepare hot water with 2 tsp. honey and lemon – this helps both sore throat and a cough
- Gargle with warm salt water a few times a day
- Throat lozenges may help relieve throat pain
- Don't smoke and avoid secondhand smoke
- Avoid alcohol and caffeine

Over the Counter Medications: [Cold and Flu Self-Care Café Menu](#)

For Sore Throat:

- Gargle with salt water – ½ tsp of salt in 1 cup of warm water
- Tylenol or Ibuprofen every 6 hrs
- Throat lozenges: soothing (Halls) or numbing (Cepacol)

For cough:

- Q-Tussin DM Cough Syrup every 4 hrs **OR** Delsym Cough Syrup every 12 hrs
- Cough lozenges: Halls Lemon/Honey

For Congestion: *(Choose one from the following medications)*

- Mucinex D (orange box) ******(contains pseudoephedrine) – take for nasal/sinus congestion
- Mucinex (blue box) – take for chest congestion
- Sudafed 12 hr. decongestant (Sudagest) ******(contains pseudoephedrine)
- Tylenol Sinus Congestion and Pain every 4 hrs

Additional measures you can take to relieve congestion

- Afrin Nasal Spray twice daily for 3 days maximum
- Sinus rinse twice daily (kits available at Cowell)

*****Decongestants containing pseudoephedrine can cause insomnia and have interactions with caffeine and ADD medications.***

For aches, pain and fever:

- Tylenol or Ibuprofen (Advil), every 6 hrs.
- Naproxen (Aleve) every 12 hrs with food

*****Tylenol is easier on your stomach***

Call Cowell at 408-554-4501 if you have the symptoms below or go online to schedule an appointment:

- A persistent fever for more than 3 days **OR** a high fever (above 102 degrees)
- Symptoms that last more than 10 days **OR** are getting worse
- Trouble breathing **OR** shortness of breath
- Severe sore throat **OR** difficulty swallowing
- Significant ear pain
- Pain **OR** pressure in the chest
- Fainting **OR** feeling like you are about to faint
- Confusion **OR** disorientation
- Severe **OR** persistent vomiting
- Severe headache **OR** severe stiff neck

For more information, please visit these websites: <http://www.webmd.com/cold-and-flu>;
<http://www.cdc.gov/flu/about/qa/coldflu.htm>