**FACTS ABOUT COLDS, INFLUENZA AND SORE THROATS**

<table>
<thead>
<tr>
<th>Colds</th>
<th>Influenza</th>
<th>Sore Throat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CAUSES</strong></td>
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<tr>
<td>Virus</td>
<td>Virus</td>
<td>Virus or Bacteria</td>
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</tbody>
</table>

**SYMPTOMS**

- Fever/Chills
- Muscle Aches
- Sore Throat
- Headache
- Nasal Congestion
- Cough
- Runny Nose
- Cough

**SELF-CARE:**
- Get extra sleep. Rest and don’t push yourself.
- If you smoke, stop or cut down while you are sick.
- Drink extra fluids: water, juices, teas, soups, carbonated beverages, jello, popsicles. This will help to thin mucus.
- Vaporizers or steam inhalation will soothe the sore throat and sinuses and help to thin mucus.
- Gargle with salt water. This not only soothes a sore throat, but can assist in the healing process by destroying viral and bacterial cells. Gargle 3-4 times daily with a mixture of 6 oz warm water and ½ teaspoon table salt.
- Avoid alcohol, because it can increase fluid loss and may interfere with medications.

**TRANSMISSION:** Cold viruses can live on hard surfaces (e.g. doorknobs) for several days and on skin for several hours. Colds and influenza can be transmitted when you touch a contaminated surface and then touch your eyes, mouth or nose. To prevent the spread of these illnesses, wash your hands frequently and avoid touching your eyes, mouth or nose. Use tissues when coughing or sneezing.

**CAUTION:** Under the following conditions consult your doctor before trying to manage your symptoms:
- Emphysema
- Heart Disease
- Diabetes
- Asthma
- Pregnancy/Nursing mothers
- Any other serious health condition

**MEDICAL CARE:**
- It is recommended that you seek medical care if any of the following symptoms occur:
  - Fever over 102
  - Symptoms persist
  - Bloody nasal discharge or greenish phlegm
  - Ear pain
  - Coughing up bloody, yellow or greenish phlegm
  - Severe headaches
  - Bloody nasal discharge
  - Difficulty swallowing
  - Severe headaches
  - Extreme throat pain
  - Chest pain
  - Fever with rash
  - Discharge from ear
  - White spots on tonsils
  - Discharge from ear
  - Difficulty swallowing
  - Chest pain
  - Fever with rash
  - Neck, severe headache
  - Mental confusion or marked irritability

**MEDICATIONS FOR TREATMENT OF SYMPTOMS**

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Type of Medication</th>
<th>Active Ingredient</th>
<th>Sample Brand</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever, Headache, Muscle Aches</td>
<td>Antipyretic/ Analgesic</td>
<td>Aspirin</td>
<td>Bayer</td>
<td>Take aspirin with food or milk to decrease upset stomach. Do not use aspirin if you have an ulcer or bleeding problems. Aspirin and aspirin-containing products are not recommended for viral infections in people under age 19 due to a serious complication called Reyes Syndrome.</td>
</tr>
<tr>
<td>Nasal Congestion, Runny Nose</td>
<td>Decongestant</td>
<td>Pseudoephedrine</td>
<td>Sudafed</td>
<td>Helps open plugged noses and ears. May cause restlessness, so don’t use at bedtime. Don’t use if you have high blood pressure, diabetes or hyperthyroidism. These two ingredients are usually combined with other active ingredients.</td>
</tr>
<tr>
<td>Cough</td>
<td>Expectorant/ Suppressor</td>
<td>Guaiifenesin</td>
<td>Robitussin</td>
<td>Helps loosen and remove mucus. Decreases coughs due to throat irritation. Some cough medicines such as Robitussin DM combine an expectorant with a suppressant.</td>
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<tr>
<td>Sore Throat</td>
<td>Demulcent/ Anesthetic/ Analgesic</td>
<td>Cetylpyridinium/ Benzocaine/ Aspirin</td>
<td>Cepacol Lozenges/ Chloraseptic/ Bayer</td>
<td>All brands come in a variety of combinations for relief of dryness and/or pain.</td>
</tr>
</tbody>
</table>

Combination drugs contain more than one of the above ingredients and treat more than one symptom. Some may contain medicines you do not need. Read labels carefully and choose the product that contains the ingredients that will treat your symptoms.

**ANTIBIOTICS, WHILE USEFUL IN THE TREATMENT OF BACTERIAL INFECTIONS ARE INEFFECTIVE AGAINST THE VIRUSES THAT CAUSE COLDS AND INFLUENZA**

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