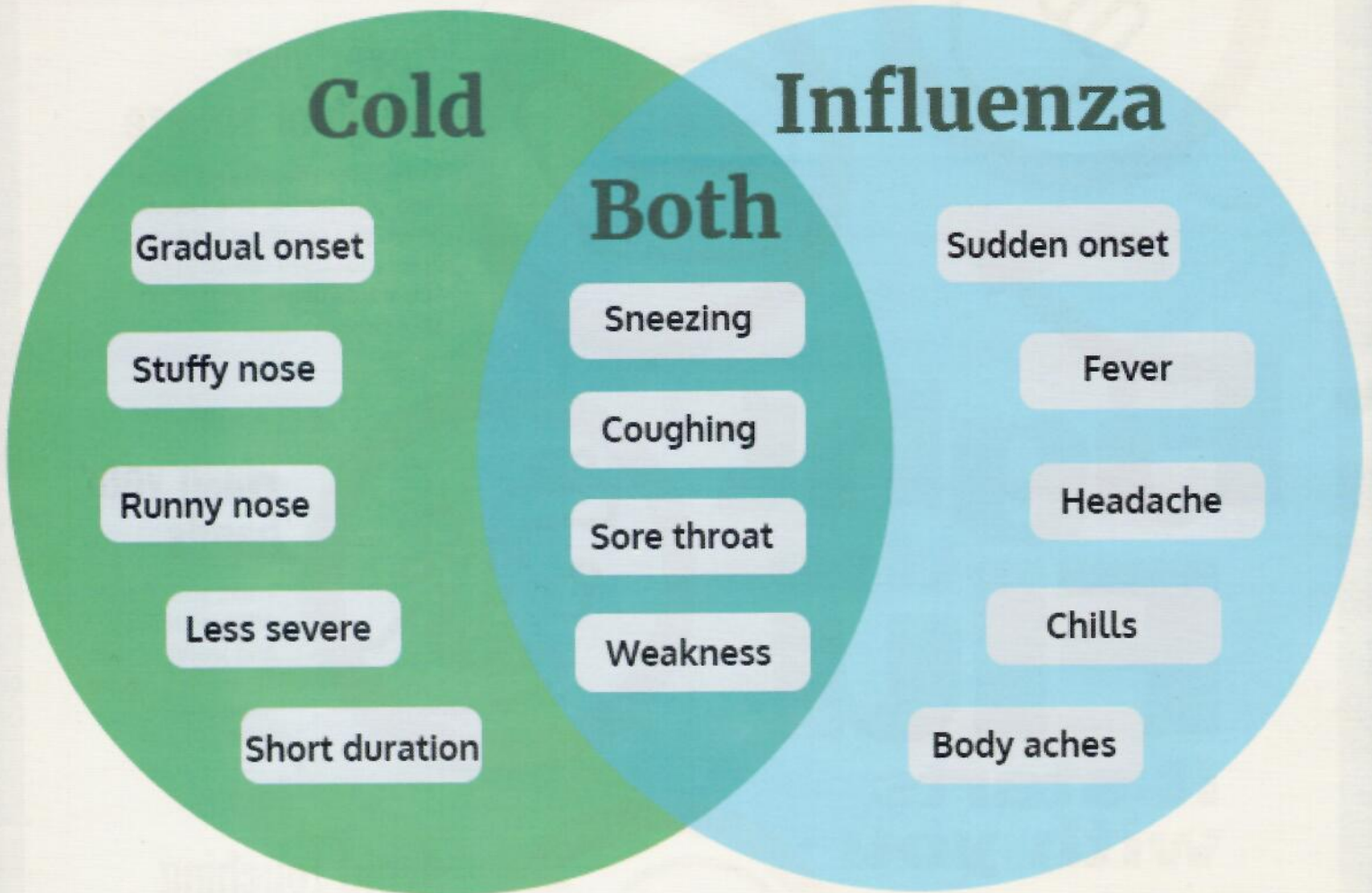




# COLD vs. FLU

## KNOW THE DIFFERENCE

Cold and flu season is here. Are you coming down with a cold?  
Or is it the flu?



<b>Treatment</b>	<ul style="list-style-type: none"> <li>Antihistamines</li> <li>Decongestants</li> <li>Nonsteroidal anti-inflammatory medicines</li> </ul>	<ul style="list-style-type: none"> <li>Antiviral medicines – see your healthcare provider</li> </ul>
<b>Prevention</b>	<ul style="list-style-type: none"> <li>Wash your hands often with soap and water</li> <li>Avoid close contact with anyone who has a cold</li> </ul>	<ul style="list-style-type: none"> <li>Annual vaccination</li> <li>Antiviral medicines – see your healthcare provider</li> </ul>
<b>Complications</b>	<ul style="list-style-type: none"> <li>Sinus infection</li> <li>Middle ear infection</li> <li>Asthma</li> </ul>	<ul style="list-style-type: none"> <li>Bronchitis, pneumonia</li> <li>Can worsen chronic conditions</li> <li>Can be life threatening, complications more likely in the elderly, those with chronic conditions, young children, and pregnant women.</li> </ul>

