

Survival Tactics For **COLD & FLU SEASON**



- Get your annual flu vaccination
- Wash your hands
- Stay home when sick
- Avoid others that are sick
- Get adequate sleep
- Exercise regularly
- Eat right
- Drink plenty of water
- Avoid touching your face
- Cough/sneeze into your shirt sleeve

If you are not feeling well, please call us:

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Cooper Clinic™
Platinum

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IS IT A COLD OR THE FLU?

COMMON COLD

Caused by a variety of viruses

Symptoms:

- Nasal stuffiness
- Nasal discharge
- Headache
- Cough (not always)
- Gastrointestinal Symptoms (not always)
- Fever is not common with a cold
- Lasts 3-7 days
- Not responsive to antibiotics
- No annual immunization for the common cold

FLU

Types: • Influenza A • H1N1 and H3N2 • Influenza B

More serious than a cold

Symptoms:

- Onset is sudden (lasts 7-10 days)
- Fever (100 F-104 F)
- Sore throat
- Nasal discharge
- Chills
- Headache
- Muscle aches
- Loss of appetite

Diagnosis:

- Needs to be within 48 hours to receive anti-viral
- Tamiflu will not cure the flu, but will decrease the severity