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Cough, cold or flu? Know the symptoms you are treating!

Did you know the average adult gets one to three colds per year, most often in the winter? Infants can get up to eight in a year because their body's defenses aren't yet fully developed, while preschool children average about five to seven cold episodes each year.

"Many have trouble distinguishing the difference between a cold and the flu and since treatments differ, it's important people are able to correctly identify the symptoms. All too often, a common cold is mistaken for the flu," says Tracey Phillips, Rexall Pharmacist.

A common cold can take anywhere from one to three days for symptoms to develop. Symptoms include:

- Scratchy, sore and dry throat
- Fatigue
- Sneezing
- Coughing
- Runny nose or congestion
- Headache or earaches
- Slight fever or chills

The flu can be easily distinguished because it comes on more suddenly and generally causes a high tempera-

ture and muscle aches and very rarely causes a blocked or runny nose.

By recognizing these less serious ailments you can easily identify what you are treating. Your local pharmacist can then provide advice on treatment options that will ease your symptoms and help you recover quickly. It's important to note, if you spike a high fever seek medical assistance, rather than treating the symptoms on your own. And remember, it's important to prevent the spread of the virus to



friends, family and co-workers by:

- Coughing or sneezing into a tissue or your sleeve
- Washing your hands frequently
- Cleaning surfaces you have touched (cold viruses can live for several hours on hard surfaces like door knobs, telephones and toys)
- Staying at home until you feel better

For more information on cold and flu season, please visit rexall.ca or speak to your Rexall pharmacist.

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