

IS IT ALLERGIES, A COLD OR THE FLU?



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NEWS YOU CAN USE

Do Not Forget

www.express-health.com
for links to reliable
health information

Challenge:

Wash your hands with warm soapy
water for at least 20 seconds each
time you wash.

www.mayoclinic.com

www.livestrong.com

www.webmd.com

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The weather is changing, so it is no wonder we are beginning to experience a wide range of illnesses. The flu, colds and allergies are all so common and have similar symptoms that it can be difficult to identify, treat and prevent them appropriately.

USE THE CHART BELOW TO IDENTIFY AND TREAT EACH CONDITION PROPERLY.

	ALLERGIES	COLD	FLU
SYMPTOMS	<ul style="list-style-type: none"> • Itchy watery eyes • Stuffy or runny nose with clear mucus • Sneezing • Coughing • Fatigue • Sore throat 	<ul style="list-style-type: none"> • Cough • Sore throat • Stuffy or runny nose with yellow mucus • Sneezing • Achiness • Fatigue 	<ul style="list-style-type: none"> • Fever • Headaches • Achiness • Exhaustion • Stuffy or runny nose with yellow mucus • Sneezing • Sore throat • Vomiting
TREATMENT	<p>Antihistamines</p> <ul style="list-style-type: none"> • Diphenhydramine (Benadryl) • Cetirizine (Zyrtec) • Fexofenadine (Allegra) • Loratadine (Claritin) <p>Prescription strength antihistamines, Epinephrine (Epi-Pen) and allergy injections may be prescribed by your physician</p>	<p>No known treatment to cure a common cold</p> <p>Medications are used to treat symptoms</p> <p>Fever lowering and pain relief</p> <ul style="list-style-type: none"> • Acetaminophen (Tylenol) • Ibuprofen (Advil) Nasal <p>Decongestant and cough</p> <ul style="list-style-type: none"> • Guaifenesin (Mucinex) • Pseudoephedrine (Sudafed) 	<p>Antiviral medication</p> <ul style="list-style-type: none"> • Oseltamivir (Tamiflu) • Zanamivir (Relenza) <p>For best results, take medication 24 -48 hours of onset</p> <p>Stay hydrated and get plenty of rest</p>

PREVENTION:

Unlike colds and the flu, allergies are not viral and are not contagious. They are the result of an overactive immune system attacking harmless particles such as dust, pollen and pet dander. Allergic reactions can be prevented by avoiding known allergens, showering regularly, frequent face and hand washing and overall cleanliness at home to reduce allergen particles.

Since cold and flu viruses are passed on by human contact, prevent yourself from getting sick by washing your hands often, avoiding touching your eyes, nose and schedule your annual flu vaccine.