

# WELLBEING

A Monthly Newsletter Covering Health and Wellness

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## Caught a Cold, Got the Flu...Sneezing All the Way...

'Tis the season to be sneezing. Here are a few natural "remedies" you can use when colds, flu and seasonal allergies threaten to put a damper on winter activities.

1) Try to rest when you feel cold or flu coming on. When



you sleep, raise your head with an extra pillow to help nasal passages drain.

2) Drink hot liquids like broth and tea to soothe inflamed nasal and throat membranes. 3) To take some of the sting out of a sore

throat, gargle with warm salt water, or make a mixture with hot water, lemon and a teaspoon of honey. Use it at room temperature, but never give honey to children under 1 year old. 4) Breathe in some steam. If you are too weak to get

into the shower, sit next to a running shower. 5) Tackle sinus pain with hot or cold packs (either will work). You can use a hot damp washcloth or a frozen bag of peas or corn.

Remember, antibiotics aren't going to be helpful for a cold or an allergy. It may be hard to tell what you have since symptoms can overlap. You may have allergies and then develop a cold.

A flu shot isn't going to protect you from the "stomach flu." That's because what we call stomach flu is actually viral gastroenteritis, an inflammation of the stomach and intestinal tract caused by several different viruses (but not influenza virus). You may have chills, fever and headache, but the main symptoms will be in your stomach and intestinal tract (not your chest or head). The "cure" is rest and lots of fluids. It is contagious, so wash your hands frequently, and don't share utensils, food, bottles or drinking glasses.

### How Do You Know What's Ailing You? Here's A Guide to Common Symptoms

Symptom	Cold	Influenza (Flu)	"Stomach" Flu (Gastroenteritis)	Allergy
Aches	Possible	X	X	
Chest Tightness/discomfort	Mild/moderate	Can be severe		
Chills		X	X	
Coughing	Mucous producing	Dry cough		Possible
Dizziness	Possible	X	X	
Fever	Possible	Temp of 100 or higher	Possible	
Headache	Possible	X	X	Possible
Itchy/ watery eyes				X
Nausea/vomiting			X	
Sore Throat/hoarse	X			Possible
Stomach cramps/diarrhea			X	
Runny nose	X			X
Sneezing	X			X
Stuffy nose	X			X
Tiredness	Mild	Moderate/severe	Moderate/severe	Possible

An "x" means you are likely to experience that symptom. Sources: CDC.gov; National Institute of Allergy and Infectious Diseases; Web MD.