

**TheraFlu**

# RECOGNIZING SYMPTOMS AND TREATING FLU

**COLD, FLU OR ALLERGY?** Use this table to help find out.<sup>1-4</sup> Check your symptoms from **Never** or **Rare** to **Uncommon**, **Sometimes** and **Common** – but discuss with a healthcare provider for treatment recommendations.

	COLD	FLU*	ALLERGY
<b>SYMPTOM</b>			
FEVER	RARE	COMMON	NEVER
HEADACHE	UNCOMMON	COMMON	UNCOMMON
BODY ACHES	SOMETIMES	COMMON	NEVER
FATIGUE	SOMETIMES	COMMON	SOMETIMES
COUGH	COMMON	COMMON	SOMETIMES
SORE THROAT	COMMON	SOMETIMES	SOMETIMES
SNEEZING	COMMON	SOMETIMES	COMMON
RUNNY/ STUFFY NOSE	COMMON	SOMETIMES	COMMON

## FLU? WHAT TO DO

- > Take over-the-counter symptom relief medicines to feel better<sup>5</sup>
- > Those in high-risk groups<sup>4</sup> consult a doctor, as antiviral treatment is recommended<sup>5</sup> – and best started within the first 48 hours<sup>6</sup>
- > Drink plenty of fluids to stay hydrated and rest up for a full recovery<sup>7</sup>
- > Avoid others when ill.
- > If symptoms persist or you feel worse, contact your doctor.

\*Sometimes more serious conditions can cause flu-like symptoms. These include bacterial infections or viral infections including SARS-CoV-2 virus (COVID-19). Consult your doctor if you are concerned about your health.

# MYTH-BUSTING SORT THE FACTS FROM THE FAKE NEWS!

## MYTHS



If you have a cold, it can get worse and develop into flu



With similar symptoms – see table – colds and flu are related and can be equally serious



You can get a cold just being out in cold weather



If you don't have a fever, you're not contagious



Flu vaccine can cause the flu



Antibiotics cure cold and flu

## FACTS



Cold and flu are different viruses. Flu is **ONLY** caused by the flu virus<sup>5</sup>



Flu symptoms develop faster and can be more severe – even leading to ear infections, bronchitis and pneumonia<sup>1</sup>



Cold and flu viruses spread from infected people - in the air and through contact<sup>8</sup>



It's a common symptom, but not everyone who has flu will have a fever<sup>9</sup>



A flu vaccine cannot cause flu illness and is the best way to prevent the flu<sup>10</sup>



Antibiotic drugs kill bacteria – so are used to fight bacterial infections – but are no use against viruses<sup>11</sup>

<sup>1</sup>High-risk groups include children under 5 years, the elderly and people who are pregnant, have long-term medical conditions, or weakened immune systems.<sup>5</sup>

<sup>1</sup> Centers for Disease Control and Prevention (CDC). Cold versus Flu. Available at: <https://www.cdc.gov/flu/symptoms/coldflu.htm>. Last accessed: May 2020. <sup>2</sup> National Institutes of Health. News in Health. Cold, Flu, or Allergy? Know the Difference for Best Treatment. October 2014. Available at: <https://newsinhealth.nih.gov/2014/10/cold-flu-or-allergy>. Last accessed: July 2020. <sup>3</sup> Harvard Health. Available at: <https://www.health.harvard.edu/blog/allergies-common-cold-flu-or-covid-19-2020040919492>. Last accessed: May 2020. <sup>4</sup> Mayo Clinic. Cold or Allergy: Which Is It? Available at: <https://www.mayoclinic.org/diseases-conditions/common-cold/expert-answers/common-cold/faq-20057857>. Last accessed: May 2020. <sup>5</sup> World Health Organization (WHO). Influenza Fact Sheet. Available at: [https://www.who.int/en/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/en/news-room/fact-sheets/detail/influenza-(seasonal)). Last accessed: June 2020. <sup>6</sup> CDC. What You Should Know about Flu Antiviral Drugs. Available at: <https://www.cdc.gov/flu/treatment/whatyoushould.htm>. Last accessed: June 2020. <sup>7</sup> CDC. The Flu. Caring for Someone Sick at Home. Available at: [https://www.cdc.gov/flu/pdf/freeresources/general/influenza\\_flu\\_homecare\\_guide.pdf](https://www.cdc.gov/flu/pdf/freeresources/general/influenza_flu_homecare_guide.pdf). Last accessed: June 2020. <sup>8</sup> CDC. Common Colds. Protect Yourself and Others. Available at: <https://www.cdc.gov/features/rhinoviruses/index.html#:~:text=Viruses%20that%20cause%20colds%20can,secretions%20from%20an%20infected%20person>. Last accessed: May 2020. <sup>9</sup> CDC. Flu. Stay at Home When You Are Sick. Available at: <https://www.cdc.gov/flu/business/stay-home-when-sick.htm>. Last accessed: May 2020. <sup>10</sup> CDC. Flu. Misconceptions. Available at: <https://www.cdc.gov/flu/prevent/misconceptions.htm>. Last accessed: May 2020. <sup>11</sup> CDC. Be Antibiotics Aware. Available at: <https://www.cdc.gov/patientsafety/features/be-antibiotics-aware.html#:~:text=Antibiotics%20do%20not%20work%20on,infections%20get%20better%20without%20antibiotics>. Last accessed: May 2020. Copyright © GlaxoSmithKline 2020. All rights reserved.