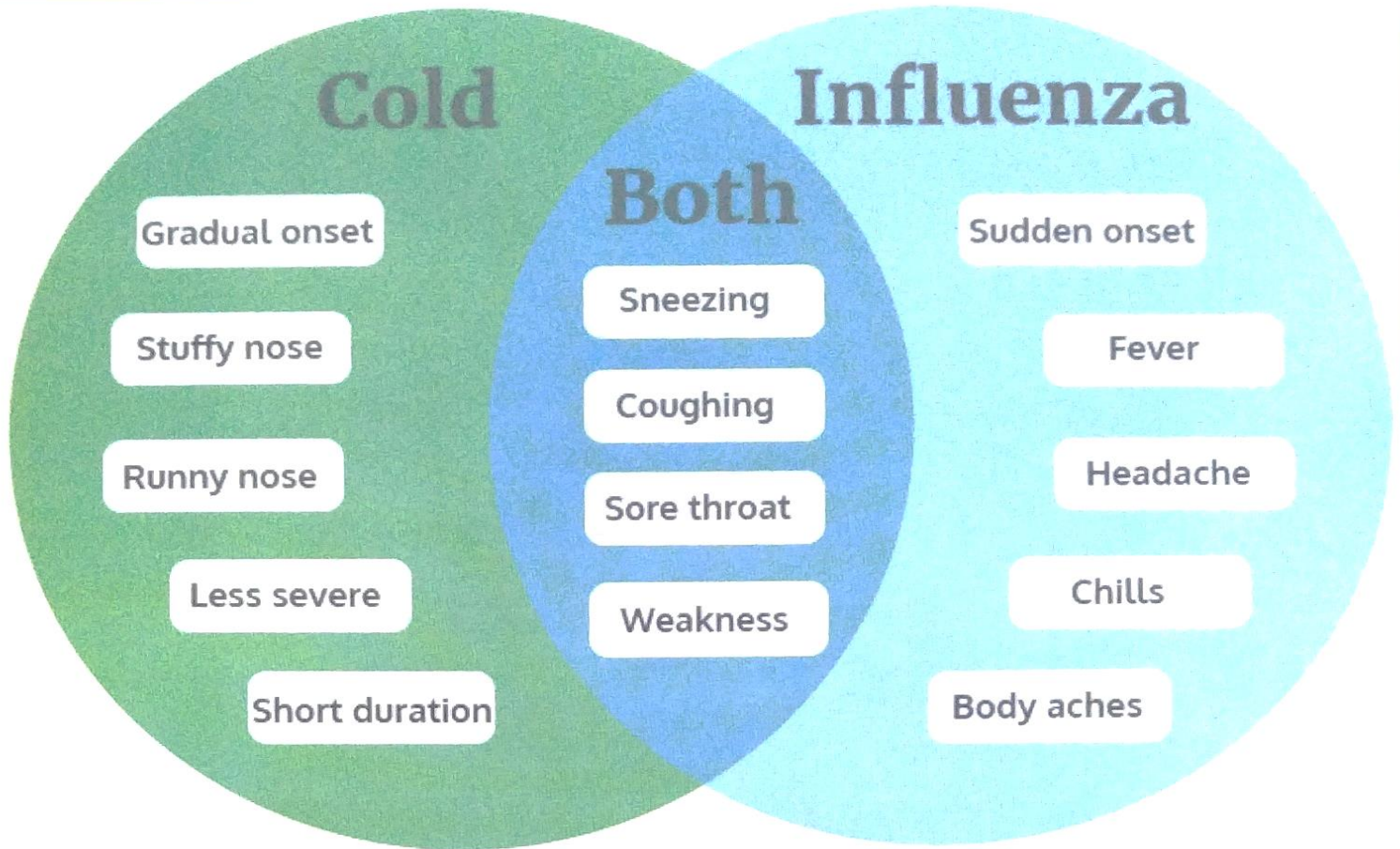




COLD vs. FLU

KNOW THE DIFFERENCE

Cold and flu season is here. Are you coming down with a cold?
Or is it the flu?



Treatment	<ul style="list-style-type: none"> Antihistamines Decongestants Nonsteroidal anti-inflammatory medicines 	<ul style="list-style-type: none"> Antiviral medicines – see your healthcare provider
Prevention	<ul style="list-style-type: none"> Wash your hands often with soap and water Avoid close contact with anyone who has a cold 	<ul style="list-style-type: none"> Annual vaccination Antiviral medicines – see your healthcare provider
Complications	<ul style="list-style-type: none"> Sinus infection Middle ear infection Asthma 	<ul style="list-style-type: none"> Bronchitis, pneumonia Can worsen chronic conditions Can be life threatening, complications more likely in the elderly, those with chronic conditions, young children, and pregnant women.



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Get vaccinated

Influenza or "flu" can cause serious illness. Vaccination is the best way to protect yourself and your family.



Cover your cough or sneeze

Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissue in the waste basket and wash your hands.



Wash your hands

Wash your hands often with soap and water or use an alcohol-based hand cleaner.



Avoid touching your eyes, nose, and mouth

If you touch surfaces with the flu virus, you can get the flu by touching your eyes, nose, or mouth.



Stay home if you are sick

Flu viruses go wherever you go when you are infected. Stay at home and check with your healthcare provider when needed.

Fight the Flu

It starts with you



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