



Is it a cold or the flu?

IT'S PROBABLY A COLD IF:

- you have NO FEVER
- you're coughing up MUCUS
- you have a STUFFY NOSE
- you're a LITTLE more TIRED than usual
- you're SNEEZING
- your symptoms DEVELOPED OVER 2-3 DAYS
- you have a SORE THROAT

IT'S PROBABLY THE FLU IF:

- you have a fever of 100° OR HIGHER
- you have a DRY COUGH
- you are VERY TIRED
- you have SEVERE BODY ACHES
- you have CHILLS
- your SYMPTOMS HIT YOU HARD over about 3-6 hours
- you have a HEADACHE

With the flu, your worst symptoms will usually start to go away in about 2-4 days. Cold symptoms usually take longer – sometimes as long as a week or two. In either case, if you have a chronic condition like asthma or diabetes, your symptoms are severe or you don't seem to be getting better, see your doctor.

10 Ways to Avoid the Cold & Flu Season

1. Wash it up. Wash your hands frequently with soap and water – especially after sneezing or coughing and before you eat.

2. Don't worry – be happy. It might sound silly, but new research says that people who are happy and calm are less likely to catch colds and have less severe symptoms when they do.

3. Hands off. Don't touch your nose and eyes – that's the easiest way for germs to get in.

4. Get enough sleep. Mom was right – getting “run down” makes you more vulnerable to viruses.

5. Eat right and exercise. Both help strengthen your immune system.

6. Use a tissue. Cough or sneeze into a tissue and immediately throw it away.

7. Avoid crowds. Although crowds are a common part of the holidays, you're more likely to pick up a virus there.

8. Don't share. When it comes to things like drinks, utensils, even your cell phone – they can be a carrier for germs.

9. Stay home. If you begin feeling sick, take a break. You'll want to protect your weakened immune system from more germs and keep from infecting others.

10. Watch out for the salad bar. Shared serving utensils and many people handling food can be an unexpected source of germs.

For quick and simple advice on how to fit the best doctors, ask the right questions and get the best care, pick up Taylor's new book, *Health Matters*.

Available in bookstores EVERYWHERE!

