



YOU'VE
CAUGHT A
COLD OR
THE **FLU**.
NOW
WHAT?

Over-the-counter (OTC) products can help ease your symptoms. For aches and fevers, take ibuprofen or acetaminophen. Aspirin can also help, but do not give it to children under 18. For a stuffy nose, nasal decongestants can provide quick relief. If you have high blood pressure or heart disease, talk to your doctor before taking them.

OTC cough medicines like dextromethorphan or guaifenesin can help treat your cough, but there aren't any cough medications recommended for kids under 2.

Also try these natural remedies to help treat your symptoms:

- **Stay rested and hydrated.**
- **Drink hot liquids, such as tea.** Hot liquids help with nasal congestion.
- **Sleep with an extra pillow** under your head. This can encourage the drainage of your nasal passages.
- **Gargle warm salt water** to help relieve a sore throat.

LEARN MORE ONLINE

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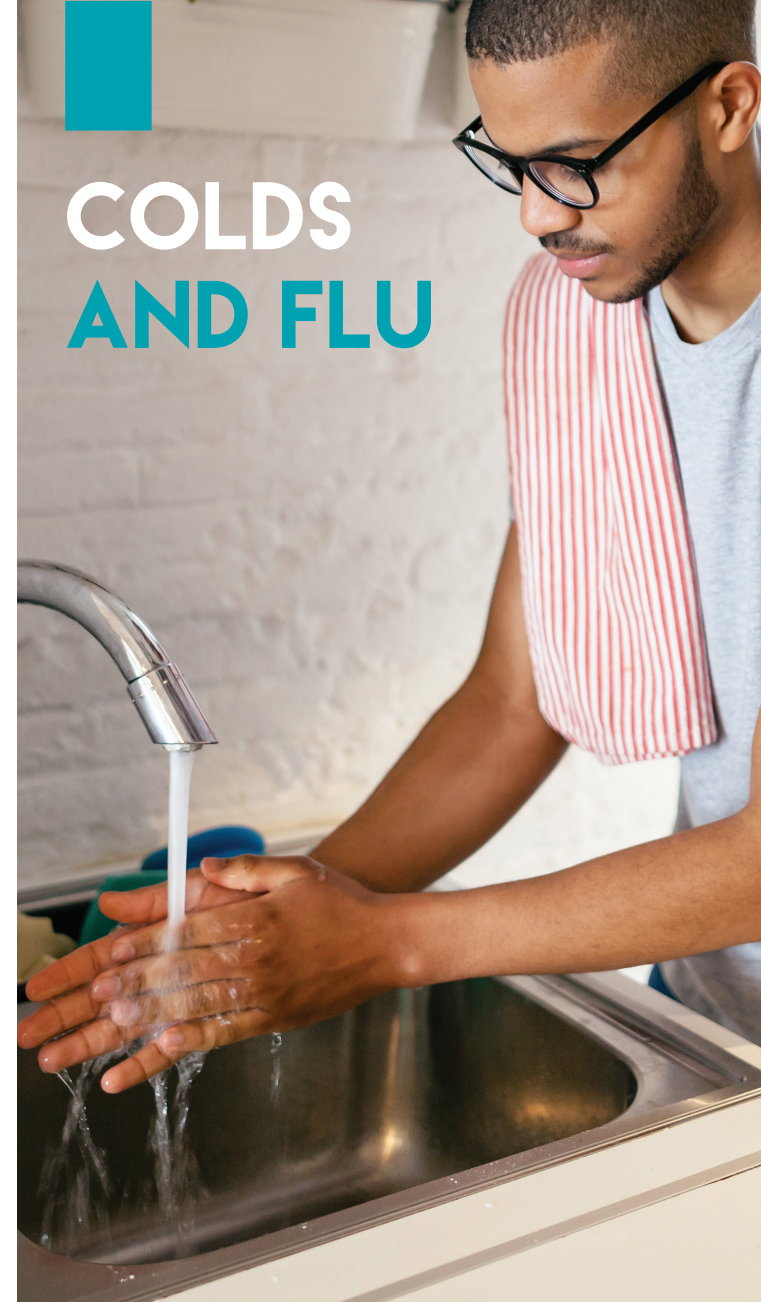
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COLDS AND FLU



FIGHT
BACK AND
STAY HEALTHY



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Healthy Solutions

Do I need an antibiotic to treat my cold or flu?

No. Antibiotics are only used to fight bacterial infections. Colds and the flu are both viral. Your doctor might prescribe antiviral medication, which can ease flu symptoms.

Will vitamin C cure my cold?

Maybe. There is little proof that vitamin C can treat your cold, but it may help you fight off a cold or shorten the duration of symptoms. Eating an orange or snacking on strawberries are two ways to get your daily dose of C.

Can chicken noodle soup help treat my cold or flu?

Possibly. There are studies that suggest chicken soup might help with healing. But it is a fact that drinking a hot low sodium soup with vegetables can help you feel better, and it delivers nutrients that your body needs.

When to Call Your Doctor

Having a cold or the flu increases your risk for developing more serious conditions. Make an appointment with your doctor if you notice these symptoms:

1 WHEEZING AND TROUBLE BREATHING:

These are signs of bronchitis, a respiratory infection.

2 HEADACHE OR TENDERNESS IN YOUR FACE AND TEETH:

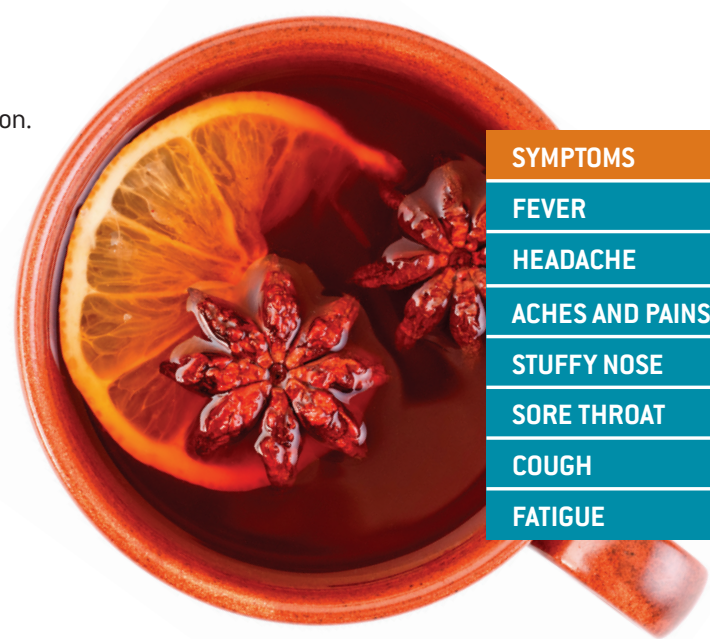
These are symptoms of a sinus infection, also called sinusitis. Depending on the cause of the infection, your doctor may prescribe antibiotics.

3 THICK, GREENISH MUCUS:

This may be a sign of an infection, like sinusitis. If you're coughing up mucus, you may have pneumonia or bronchitis.

4 CHEST PAIN:

This is a sign of pneumonia, a lung infection that can become serious and even life threatening in young children and older adults.



HOW TO PREVENT COLDS AND THE FLU

There are plenty of simple ways to help stop the spread of germs and disease. Start with these:

- **WASH YOUR HANDS OFTEN** with soap and water. Scrub for at least 20 seconds.
- **DON'T TOUCH** your eyes, nose and mouth with unwashed hands. Viruses can enter your body this way.
- **STAY AWAY** from people who are sick and stay home if you're ill.
- **CLEAN SURFACES** and objects that may be contaminated with cold or flu germs. At home or your workplace, clean door knobs, coffee pot handles and faucets.

The flu vaccine is one of the best ways to protect you and your community during flu season. Everyone ages 6 month and older should get the vaccine every year. It's safe and effective against most strains of the flu. It's also available in a shot or a spray.



SYMPTOMS	COLD	FLU
FEVER	RARE	COMMON
HEADACHE	RARE	COMMON
ACHES AND PAINS	SLIGHT	COMMON
STUFFY NOSE	COMMON	SOMETIMES
SORE THROAT	COMMON	COMMON
COUGH	COMMON	COMMON
FATIGUE	RARE	COMMON