

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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It's Cold and FLU Season!!!!

The common cold and flu are both respiratory illnesses caused by different viruses, with the flu typically being more severe and associated with more intense symptoms.

The common cold can be caused by over 200 different viruses, primarily Rhinoviruses. The common cold is more common and typically less severe than the flu.

The flu is specifically caused by Influenza virus types A or B. It can lead to more serious health complications, such as pneumonia and hospitalizations.

Symptoms:

Cold symptoms: Gradual onset, including stuffy/runny nose, sore throat, cough and mild fatigue. Fever is UNCOMMON in adults, but CAN occur in children. Symptoms are generally milder and can last about a week

Flu symptoms: Sudden onset, including high fever, chills, body aches, fatigue and dry cough. Symptoms are typically more intense and can last from 1-2 weeks.

Treatment: Both conditions are viral so antibiotics are not effective.

Over the counter medications such as Tylenol and Ibuprofen can help with fever. Robitussin, Delsym and/or Mucinex can help with a cough. Plenty of rest and fluids are important to get back on track as well. Some prescription medications such as Tamiflu can help to reduce the duration, but must be started within 48 hours of symptoms to be effective.

Flu prevention:

Adults can obtain their flu vaccine (shot) typically during the months of September through March. It is best to get the vaccine in the earlier months of September and October to ensure coverage and the best protection for the entire flu season.

There is a flu vaccine specific to adults in the 65+ population (Fluzone HD), that protects seniors with more adequate coverage than the Flucelvax vaccine for younger adults.

****We do offer both vaccines at the PRxN Pharmacy!!****

At Pequot Health Care, we are dedicated to maintaining your good health!



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