



October 2017

The Difference Between Colds and the Flu

There's been something going around the office all week. It's been a hot topic at the water cooler. Speculation is running high. You're starting to feel a little under the weather. Maybe it's a cold. You're just hoping it's not the flu.

The flu and the common cold are both contagious respiratory illnesses caused by viruses. Flu and colds share many symptoms. In general, flu is worse than a cold. And complications of the flu can be far worse than complications of a cold.

Let's compare some of the symptoms:

Fever

A low fever may be a sign of a cold. A high fever – 102° F to 104° F (38.9° C to 40° C) – is a sign you've caught the flu. Call your health care provider if:

- Your temperature is 103° F (39.4° C) or higher.
- You've had a high fever for more than three days.

The CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. It's important to note that not everyone with flu will have a fever.

Sneezing, stuffy/runny nose, sore throat

These are all typical symptoms of a cold. But some people have these same symptoms with flu. While a cough is a classic cold symptom, many people with flu develop a dry cough. Either way, cover your nose and mouth with a tissue when you cough or sneeze. Toss the tissue in the trash after you use it. Wash your hands often with hot, soapy water.

Fatigue

While a cold can leave you feeling sluggish and sleepy, extreme exhaustion that comes on quickly is a sign you have the flu. After a bout of the flu, you might feel tired for two or three weeks.

Body/muscle aches

The flu can make you feel miserable and achy all over. A cold, on the other hand, is an upper respiratory infection that tends to make you feel lousy from the neck up.

Intestinal distress

While nausea, vomiting and diarrhea are typical symptoms of stomach flu, they may occur with seasonal flu, especially in children.

QuickTakes



Flu-Proof Yourself

No one can say whether this year's flu season will be a mild or severe one. In any case, you need to protect yourself.

Getting an annual flu vaccine is the best way to protect yourself and your family from the flu.

In addition to getting a flu shot, the CDC recommends that you and your family take steps to avoid getting and spreading the flu:

- Avoid close contact with sick people.
- Stay home if you are sick.
- Cover your mouth when you cough or sneeze.
- Wash your hands often with soap and warm water.
- Avoid touching your eyes, nose or mouth.
- Clean and disinfect frequently touched surfaces at home, work or school.

The healthy habits that help protect your health as you age will help protect you in flu season.

- Get plenty of sleep.
- If you are able, be physically active.
- Manage your stress.
- Stay well hydrated.
- Eat nutritious food.

Cold and flu symptoms can be quite similar. This month's newsletter compares symptoms to help you figure out if you have a cold or the flu.

Your health care provider can help you determine if you have a cold or the flu. There are lab tests that can confirm a flu diagnosis. Most people with flu-like symptoms usually do not require testing because the results will not change how you are treated.

What about prescription medications?

At the first sign of a cold or flu, some people reach for the phone to call their health care provider and ask for a prescription for antibiotics just to "nip it in the bud." Most responsible physicians will not write that prescription. Colds and flu are caused by viruses. Antibiotics treat bacterial, not viral, infections.

People at high risk for flu complications should check with their provider about antiviral drugs that may lessen symptoms and reduce the length of time they are sick.

Sources:

Centers for Disease Control and Prevention (CDC), Flu Symptoms & Diagnosis, <https://www.cdc.gov/flu/symptoms/index.html>, Page reviewed July 28, 2017, Accessed August 15, 2017.

Avgolemono Soup – Greek Lemon and Egg Soup with Chicken

////// Makes 4 servings.

A key to faster healing is to stay well hydrated. A bowl of hot chicken soup like this Greek avgolemono is a natural. Good health to you and your family!



INGREDIENTS

- 5 cups low sodium chicken broth
- 1 whole egg + 1 egg white, lightly beaten together
- 2 teaspoons cornstarch
- 1/4 teaspoon salt
- 1/8 teaspoon finely ground pepper
- 1/2 cup cooked brown rice or orzo
- 1/4 cup fresh-squeezed lemon juice
- 1 cup (5 oz) shredded rotisserie chicken
- 2 tablespoons snipped fresh dill, optional
- 4 thin slices lemon

NUTRITIONAL INFORMATION

- 170 Calories
- 2 g Fat
- 1 g Saturated fat
- 17 g Protein
- 19 g Carbohydrates
- 1 g Fiber
- 430 mg Sodium

DIRECTIONS

1. In a large saucepan over medium heat, gently heat broth to a gentle simmer. Meanwhile, whisk together eggs, 1 teaspoon of the cornstarch, and the salt and pepper. Whisk into the hot broth. Stir in orzo or rice. Heat until steaming, stirring often. Do not let the soup boil.
2. In a small bowl, stir together lemon juice and the remaining 1 teaspoon cornstarch. Stir this mixture into the soup. Add shredded chicken. Heat gently until the soup is steaming. Do not let it boil.
3. Ladle the hot soup into bowls. Garnish each bowl with a big pinch of dill and a slice of lemon.