



Cold & Flu Prevention & Treatment



What causes colds and the flu?

Viruses. Over 100 different viruses can cause colds. There are not as many viruses that can cause the flu. That's why there's a shot for the flu and not for colds.

What can I do to keep from catching colds and the flu?

The viruses that cause colds and the flu are spread by hand-to-hand contact and by droplets released in the air from sneezes and coughs.

- Wash your hands often with soap and warm water.
- Avoid touching your nose and mouth.
- Clean telephone headsets regularly.
- Cover your mouth when you sneeze or cough.
- Get a flu vaccine.

How can you tell if you have a cold or the flu?

The flu is like the cold in many ways. They are both respiratory infections caused by viruses, and they have many of the same symptoms. However, a cold is generally mild, while the flu tends to be more severe.

Symptom	Common Cold	Flu
Fever, chills	Low-grade or none	Usual, often high, usually lasting three days or longer
Headache	Occasional	Usual
Fatigue, weakness	Occasional	Usual
Runny nose, watery eyes	Usual	Occasional
Stuffy nose	Usual	Rare
Eye muscle pain	Rare	Common
Sneezing	Usual	Rare
Cough	Common	Usual (dry)

Self-care tips for colds and flu

- Get plenty of rest.
- Do not attempt to suppress a cough that is mucous producing.
- Drink plenty of liquids.
- Avoid excessively dry air.
- Avoid smoking.
- Be patient - you will get better soon.

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Cold & Flu (continued)

Should you take medicine for your cold or flu?

There is no medicine that can cure a cold or the flu. However, medicine can help relieve some of your cold or flu symptoms. Check with your doctor before giving any medicine to children. Many cold and flu products are available without prescription. See the information below for a guide to the common ingredients in these products.

Over-the-counter cold/flu medicines that can help.

Symptom	Medications that can help	Active Ingredients
Stuffy Nose	Decongestant	Pseudoephedrine
Cough	Cough suppressant	Dextromethorphan
Chest Congestion (cough with phlegm)	Expectorant	Guaifenesin
Sore Throat	Lozenge	Benzocaine, Glycerin

What about an antibiotic?

Antibiotics are prescription medicines that attack bacterial germs that cause infections. Infections are caused by viruses or bacteria. Viruses cause colds and the flu. Antibiotics are of no use in infections caused by viruses, but work very well against infections caused by bacteria.

Should you call your doctor?

In most cases, you don't need to see your doctor when you have a cold or the flu. However, if you have any of the symptoms listed below, call your doctor.

- Fever over 103°F (102°F for the elderly).
- Difficulty breathing.
- A cough that brings up a significant amount of yellow, green, brown or bloody mucous for more than five days.
- A discharge from the nose that lasts for more than 10 days.
- Earache or drainage from the ear.
- Severe headache that will not go away.
- Hoarseness, sore throat or a cough that won't go away.

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Urgent Care Centers

Bristol Park Medical Group has two urgent care centers located in Fountain Valley and Mission Viejo.

Open 7 Days a Week, Including Holidays
No appointment necessary

Hours:
9:00 AM - 9:00 PM Monday - Friday
9:00 AM - 5:00 PM Weekends and Holidays

Fountain Valley

11420 Warner Avenue
(714) 549-1300

Directions

From the San Diego (405) freeway north or south, exit Euclid Street and go north. Turn right on Warner Avenue. The office will be on the right.

Mission Viejo

26991 Crown Valley Parkway
(949) 582-2002

Directions

From the San Diego (5) freeway north or south, exit Crown Valley Parkway and go east. Turn left on Puerta Real and turn right on Alameda. Turn right into the Crown Valley Financial Park. The office is in the back right corner of the parking lot.

Advice Nurse Line

Did you know that as a patient of Bristol Park Medical you can speak directly with a Registered Nurse 24 hours a day, 7 days a week? Our telephone advice nurses are available to talk with you about any health questions you may have before you ever come to the doctor's office. In most cases, our telephone advice nurses can respond to your question and tell you how best to access the care you need. To speak with a telephone advice nurse, simply call your doctor's office. And remember, our nurses are standing by 24 hours a day, 7 days a week.