cold and flu

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Answers begin here for cold and flu.

Sneezing, runny nose, scratchy throat. Everyone knows the first signs of a cold—one of the most common illnesses. But if your symptoms include fever, chills, dry cough, fatigue and achy muscles, you may have the flu. This brochure will help you to be well informed and well prepared when the cold and flu season hits.

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

The flu and the common cold often have similar symptoms. However, flu symptoms tend to be more severe and debilitating. Fever, body aches, and dry cough are usually more intense for someone with the flu. People with colds are more likely to have a runny or stuffy nose. Those who get colds rarely need to stay in the hospital, and a cold is less likely to result in complications like pneumonia.1
Differences between cold and flu:\(^2,^3\)

<table>
<thead>
<tr>
<th>symptom</th>
<th>cold</th>
<th>flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>sneezing</td>
<td>usually</td>
<td>sometimes</td>
</tr>
<tr>
<td>scratchy throat</td>
<td>usually</td>
<td>sometimes</td>
</tr>
<tr>
<td>stuffy/runny nose</td>
<td>usually</td>
<td>sometimes</td>
</tr>
<tr>
<td>headaches</td>
<td>sometimes</td>
<td>usually</td>
</tr>
<tr>
<td>muscle/body aches</td>
<td>sometimes</td>
<td>usually</td>
</tr>
<tr>
<td>sore throat</td>
<td>sometimes</td>
<td>sometimes</td>
</tr>
<tr>
<td>cough</td>
<td>sometimes</td>
<td>usually</td>
</tr>
<tr>
<td>fever</td>
<td>low grade or none</td>
<td>usually</td>
</tr>
<tr>
<td>chills</td>
<td>sometimes</td>
<td>usually</td>
</tr>
<tr>
<td>nausea</td>
<td>rarely</td>
<td>depends on type of flu</td>
</tr>
<tr>
<td>fatigue</td>
<td>sometimes</td>
<td>often</td>
</tr>
</tbody>
</table>

How can I keep from getting a cold?\(^4\)

- Always wash your hands: Children and adults should wash their hands after they visit public places, use the bathroom, diaper a baby or wipe their nose. They should also wash before eating or making food.
- Disinfect: Clean places that are touched often (such as sink handles, door knobs and telephones) with a germ-killing cleaner and use instant hand sanitizers to kill germs.
- Use paper towels in place of cloth towels.\(^2\)
- Find a smaller day care class for your child, if possible: Adults often catch colds from their kids, so a day care where there are six or fewer children is preferable. This will greatly reduce the spread of germs.\(^2\)
- Don’t share eating utensils, cups, tissues or toothbrushes.
- Try to avoid close contact with someone who has a cold.\(^4\)
If I have a cold, what can I do to feel better?

Get lots of rest and drink plenty of fluids. Hot fluids, such as tea with honey, can soothe a sore throat. Short-term use of over the counter (OTC) cold and cough medications may help ease symptoms in adults and older children. They do not make your cold go away faster, but they can help you feel better. Make sure to read product labels for dosing instructions, possible side effects and warnings. For example, if you have high blood pressure, do not take a decongestant with phenylephrine or pseudoephedrine listed as an ingredient because they raise blood pressure.

Do I need antibiotics if I have nasal discharge?

Green or yellow nasal discharge is not a sign that you need antibiotics. Colds often begin with a clear nasal discharge that may turn creamy yellow or green after a few days. But colds are caused by viruses, so taking antibiotics will not help.

To thin out mucus try:

• Drinking plenty of fluids.
• Increasing the moisture in the air with a vaporizer or humidifier.
• Using saline nasal sprays or drops.
What medications are helpful for fevers, aches and pains?

Fevers, aches and pains often respond well to pain reliever/fever reducer products. These include acetaminophen (Tylenol) or non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen (Advil or Motrin) or naproxen (Aleve). Follow the directions on product labels carefully. If you have heart disease, kidney disease, stomach problems or other health concerns, check with your healthcare provider before taking an NSAID.¹⁰

What is pseudoephedrine and where is it located in the store?

Pseudoephedrine is a decongestant that can help if you have a stuffy nose from a cold, the flu, hay fever or other allergies. Your healthcare provider may also suggest you use it for other problems, such as sinus congestion and pressure. Pseudoephedrine may help ease symptoms, but it does not make your cold go away faster.

Ask your healthcare provider or Walgreens pharmacist if it is safe for you to take pseudoephedrine. If your state allows the sale of pseudoephedrine, it will be found behind the pharmacy counter and sold by the pharmacist. You may need to show an ID to make the purchase.¹¹

Do cough and cold medications often contain the same ingredients?

Yes. Many cough and cold medications contain the same ingredients, so be careful when using more than one product—you don’t want to overdose. Also, don’t take a medication for symptoms you don’t have. If the box says “Cold and Cough” and you only have a cough, look for something that treats only cough symptoms. If you have any questions about which cold medication is right for you, ask your healthcare provider or Walgreens pharmacist to help you choose.¹²
• **Nasal decongestants.** Common ingredients are pseudoephedrine and phenylephrine. These help to unclog a stuffy nose.

• **Cough suppressants.** Common ingredient is dextromethorphan or DM. This helps to quiet a cough.

• **Cough expectorants.** Common ingredient is guaifenesin. This loosens mucus so you can cough it up.

• **Antihistamines.** Common ingredients are loratadine, chlorpheniramine and diphenhydramine. These help to stop runny noses and sneezing.

• **Pain relievers/fever reducers.** Common ingredients are acetaminophen and ibuprofen. These help to ease fever, headaches and minor aches and pains. There are many different pain medications, and each one has benefits and risks. Some types of pain respond better to certain medications than others.13,14

**What should I look for when I buy a cold medication?**

Cold medications have ingredients that help treat certain symptoms. Get to know the terms that may appear on the box. Then you can match your symptoms to what is listed. On the next page are some common types of cold medications with the ingredients they usually contain:
be informed

When shopping for over the counter cold and flu medications, know what to look for:\textsuperscript{15}

<table>
<thead>
<tr>
<th>Symptom</th>
<th>What kind of medication should I look for?</th>
<th>What ingredients should be in the medication I choose?</th>
</tr>
</thead>
<tbody>
<tr>
<td>All-over aches/pains</td>
<td>analgesic</td>
<td>aspirin, acetaminophen, ibuprofen, naproxen</td>
</tr>
<tr>
<td>Stuffy nose/congestion</td>
<td>decongestant</td>
<td>pseudoephedrine, phenylephrine, oxymetazoline, naphazoline</td>
</tr>
<tr>
<td>Cough that brings up mucus</td>
<td>expectorant</td>
<td>guaifenesin</td>
</tr>
<tr>
<td>Dry cough</td>
<td>antitussive</td>
<td>dextromethorphan</td>
</tr>
<tr>
<td>Runny nose</td>
<td>antihistamine</td>
<td>fexofenadine, cetirizine, brompheniramine, diphenhydramine, chlorpheniramine, clemastine, loratadine, pheniramine</td>
</tr>
<tr>
<td>Headache</td>
<td>analgesic</td>
<td>aspirin, acetaminophen, ibuprofen, naproxen</td>
</tr>
<tr>
<td>Itchy nose/eyes/throat</td>
<td>antihistamine</td>
<td>diphenhydramine, chlorpheniramine, clemastine, brompheniramine, pheniramine</td>
</tr>
</tbody>
</table>
Is it safe to take cold or flu products with other over the counter or prescription medications?

It depends on what medications you are taking. If you take more than one medication with the same active ingredient to help your cold or flu symptoms, you might end up taking more than the suggested dose. That can cause serious health problems, so read all labels carefully.

If you are taking OTC or prescription medication(s), ask your Walgreens pharmacist or Healthcare Clinic nurse practitioner to suggest a cold or flu product that is safe to take with your other medication(s).16

What is the difference between daytime and nighttime cold medications?

Daytime and nighttime cold medications are not the same. Nighttime products contain an antihistamine that can cause you to become drowsy. Daytime products do not contain this type of ingredient.17 However, a daytime product may still make you drowsy if it contains a cough suppressant, such as dextromethorphan (the “DM” ingredient in many cough/cold products). Make sure you know how a medication will affect you before you drive or operate machines.18
What is the flu?
The flu is an illness caused by a virus that can quickly spread to others. Older people, young children and people with certain health issues are at high risk for serious flu-related problems.19

What is the best way to protect against the flu?
Protect yourself with a flu shot at Walgreens. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age and older get a seasonal flu shot. It’s never too early to get a flu shot, so you can get one as soon as it is available at Walgreens. Don’t get a flu shot if you are allergic to eggs or have had a previous reaction to a flu shot. Walgreens also offers a flu nasal spray. It is approved for healthy people ages 2 to 49 who are not pregnant. If you are unsure about whether to get a flu shot or flu nasal spray, ask your healthcare provider or Walgreens pharmacist for help.20

How do flu shots work?
Flu shots contain an inactive flu virus that helps you make antibodies. These antibodies can prevent you from getting the flu if you are exposed to the real flu virus.20

Can a flu shot help prevent the common cold?
No. A flu shot does not protect against viruses that can cause colds and other breathing-related problems.21
Are certain groups of people at high risk for catching the flu?

Yes. Some people are at a higher risk for catching the flu, and for developing flu-related complications. People in the following groups are strongly encouraged to get a yearly flu shot, according to the CDC:

- Pregnant women
- Children younger than 5, but especially children younger than 2 years old
- People 50 years of age and older
- People who live in nursing homes and other long-term care facilities
- People of any age with certain chronic medical conditions
- People who live with or care for those who are at high risk for developing serious complications from the flu

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- Millions of Americans get the flu each year.
- Flu symptoms usually appear within two to three days of contact with the virus.
- In most healthy people, the flu will run its course within one to two weeks.
- The flu can worsen asthma, breathing problems and other chronic health issues.
How does the flu spread?
Most people catch the flu when they breathe in tiny droplets from the coughs or sneezes of someone who has the flu. The flu is also spread when you touch something with the virus on it and then put your hands near your mouth, nose or eyes. The flu spreads easily and often strikes people who live, work or play near each other.23

How do you prevent the flu from spreading to others?
- Don't touch your eyes, nose or mouth.
- Carry hand sanitizer with you.
- Don’t share food, utensils, cups or bottles.
- Stay in your home for at least 24 hours after any fever is gone.
- Cough into a tissue and throw it away after use.
- Cough into your sleeve if a tissue is not available.23

If I have the flu, do I need to take antibiotics?
Your healthcare provider may prescribe antibiotics if your flu has progressed to a bacterial infection. You can treat flu symptoms without medication if you:
- Get plenty of rest.
- Place a cool, damp washcloth on your forehead, arms and legs to reduce the ache that often comes with a fever.
- Put a humidifier in your room to make breathing easier.
- Gargle with saltwater (1 teaspoon of salt in 1 cup of warm water) to soothe a sore throat.
- Cover up with a warm blanket to calm chills.24
Will I get dehydrated if I have the flu?

People become dehydrated when the body loses too much water. This is common for people when they have the flu. Dehydration can make a sick person feel even worse, and those with diarrhea and frequent vomiting can become very dehydrated even more quickly. Mild fluid loss often can be treated at home. Drinking fluids is usually all you need to do to treat mild dehydration. Many people find water, electrolyte solutions or sports drinks and broths helpful. Drink plenty of liquids at the first sign of the flu.

**When should I speak with my healthcare provider or Walgreens pharmacist?**

If you have any questions about cold or flu products, ask your Walgreens pharmacist. You probably don’t need to see your healthcare provider for most cases of cold or the flu. But call him or her right away if you have:

- A high, prolonged fever (above 102°F) with fatigue and body aches
- Symptoms that last for more than three days or get worse instead of better
- Trouble breathing or shortness of breath
- Pain or pressure in the chest
- Confusion, fainting or feeling like you are about to faint
- Severe or nonstop vomiting
- Severe sinus pain in the face or forehead
- Very swollen glands in the neck or jaw
How can I treat a cough?

There are two types of OTC cough medications: antitussives and expectorants.

- **Antitussives** are cough suppressants that help to quiet a cough by suppressing your body’s urge to cough. Dextromethorphan is the “DM” ingredient in many cough/cold products such as Delsym, Robitussin Cough and Vicks Cough.

- **Expectorants** loosen mucus so that you can cough it up. Guaifenesin is an expectorant found in products such as Mucinex and Robitussin Chest Congestion. When you have a cough, it’s also important to drink plenty of fluids, since liquids help thin the mucus in your throat and make it easier to cough it up.

Another option is a topical cough medication like Vicks VapoRub. This is rubbed into the chest as well as on the neck and throat. It has medicated vapors to relieve cough symptoms and congestion in both adults and children.

**How do cough medications work?**

Antitussives and expectorants are combined in cough medications and they are also found together as ingredients in multisymptom cold medications, which treat many symptoms at once. If you take a multisymptom cold medication and your main symptom is a cough, watch out for the drying effect of antihistamines and decongestants. This can actually make a cough worse. In this case, a better option would be a medication that only treats your cough. However, if you have a cold or the flu, antihistamines may work better for a cough than a cough medication. For assistance in choosing the right medication, talk to your Walgreens pharmacist or healthcare professional.
What is the difference between cough drops and throat lozenges?

Cough drops often contain menthol, benzocaine or eucalyptus oil to calm a cough and add flavor to the product.\(^{31}\) Dextromethorphan is the “DM” cough suppressant found in some cough drops.\(^{32}\) Some cough drops contain sugar, while others are sugar-free, so check the label. Some cough drops aren’t much different from hard candy. They coat the throat to help relieve the tickle.\(^{31}\)

Throat lozenges provide brief relief of sore throat symptoms. Most contain products that numb or coat the throat and offer an anti-itch effect.\(^{33}\) Products with numbing agents may be used every three or four hours or as stated on the label. Do not eat or drink while your throat and mouth are numb because food constricts and tightens your passageways instead of easing them.\(^{34}\) Sore throats that occur with a fever, headache, nausea or vomiting require medical attention. Other useful nonmedical options for sore throat include sucking on a hard candy, gargling with warm saltwater and drinking tea with honey and lemon. An over the counter pain reliever, such as acetaminophen or ibuprofen, can also help reduce throat pain.\(^{35}\)

Do I need to call my healthcare provider about my cough?

Below are some of the reasons you should call your healthcare provider regarding your cough:

- Your cough doesn’t get better after 10–14 days, or it gets worse
- You are coughing up thick, greenish-yellow phlegm and you have a fever
- You are coughing up blood
- When you exhale, you make a wheezing sound
- Your temperature is above 101° F
- You feel short of breath\(^{29}\)
What are some nonmedical ways to help treat my cold symptoms?

Cold symptoms can be quite uncomfortable. While there are many cold medications on the market, here are a few nonmedical treatments you can try:

- **A humidifier.** This increases moisture levels in the air (humidity). Humidifiers can help ease cold symptoms, such as dry sinuses, congestion and cracked lips. Some produce a cool mist. Others, called vaporizers, create hot steam that cools before it leaves the machine. Don’t use a vaporizer on small children, as it can cause burns. Read the booklet that comes with each machine before you try it. Inhaling steam from boiled water also soothes cold symptoms.36

- **Hot drinks.** Try ginger tea, hot apple cider and hot tea with honey and lemon. Spicy foods that contain hot peppers or horseradish may help clear sinuses.

- **Nasal strips.** These help open nasal passages and ease congestion. Place one across the lower part of your nose to pull the nostrils open.37

- **Nasal saline irrigation.** This is a treatment that uses salt and water to flush out nasal passages. A popular choice, called the Neti pot, helps reduce congestion and facial pain.38
How can I take care of my child during cold and flu season?

Cold and flu season can be a difficult time of year when it comes to your kids. Children seem to have more colds than any other type of illness. In fact, children over age 2 can have more than 10 colds per year. While kids usually bounce back from colds within a few days, the flu is a more serious illness. Each year, about 20,000 children under the age of 5 are hospitalized because of complications from the flu. Learn the facts about the cold and flu, their symptoms, and when to get your child a flu shot. Walgreens offers flu shots, as well as a flu nasal spray, for healthy children age 2 or older. If you think your child may have the flu, call your child’s doctor right away.

How can I keep my child from catching a cold?

Make sure your child washes his or her hands with mild soap and water when returning from public places and before eating. If you have several children in the family, try to disinfect shared toys and surfaces using nontoxic products, such as mild soap and water or baby wipes. Bring your own toys, coloring books and crayons to your child’s doctor’s office to avoid using any toys that have been handled by sick children. Stop children from sharing straws, cups, eating utensils and toothbrushes.
How can I treat my child’s cold without medication?

New rules prevent giving cold medications to some young children, so it’s good to know a few ways to relieve symptoms without using medication. These tips may be helpful for children under age 4 who cannot use decongestants, or who have trouble blowing their nose:

- Use of a cool mist humidifier can help loosen congestion.
- Nasal saline sprays or drops may help loosen a stuffy nose.
- Warm water compresses with moistened cotton balls, tissue or a soft cloth can be used to dissolve crusty areas around the nostrils.
- Apply a light dab of petroleum jelly or moisturizer around the nostrils if they look red from too much nose blowing or wiping.
- Make sure your child drinks plenty of liquids to help keep mucus loose.
- Getting plenty of rest can help your child recover more quickly.44-46

### Nonmedical treatments

<table>
<thead>
<tr>
<th>Age</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants under 6 months</td>
<td>Use pediatric saline (saltwater) nose drops and a child’s bulb syringe to gently suck out some of the mucus every few hours.</td>
</tr>
<tr>
<td>Children over 1 year</td>
<td>Dissolve ½ to 1 teaspoon of honey or sugar in some warm liquid to help thin mucus and soothe a nighttime cough.</td>
</tr>
<tr>
<td>Children ages 6 and up</td>
<td>Use a cough drop or hard candy to help moisten an irritated throat and cut down on coughing.</td>
</tr>
</tbody>
</table>
Which cold medications can I give my child?

- For children ages 0–6 years: Consult your child’s doctor before using any cold medications.
- For children ages 7 and up: You may use cold medications, but follow label guidelines.47

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Main Ingredient</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nasal decongestants</td>
<td>pseudoephedrine and phenylephrine</td>
<td>unclogs a stuffy nose</td>
</tr>
<tr>
<td>Cough suppressants</td>
<td>dextromethorphan, or DM</td>
<td>quiets a cough</td>
</tr>
<tr>
<td>Cough expectorants</td>
<td>guaifenesin</td>
<td>loosens mucus so your child can cough it up</td>
</tr>
<tr>
<td>Antihistamines</td>
<td>brompheniramine, chlorpheniramine, diphenhydramine and others</td>
<td>stops runny noses and sneezing</td>
</tr>
</tbody>
</table>

Pain relievers/fever reducers ease fever, headaches and minor aches and pains. Some types of pain respond better to certain medications than others.13,14

be informed

- Cold medications do not shorten the length of a cold and are for short-term use only.48
- Use caution and follow the guidelines carefully on the package label, as cold medications can have side effects.
- Don’t duplicate ingredients, especially if you use multisymptom cold products that have similar ingredients.14
How do I take my child’s temperature?

There are a number of types of thermometers on the market. Whichever thermometer you choose, learn how to use it correctly. If you are unsure, ask your child’s doctor to suggest a temperature-taking method for your child.

**Digital thermometers** are the most common type because they provide the quickest readings. They come in many sizes and shapes. Digital thermometers can be used for these temperature-taking methods:

- Oral (in the mouth)
- Rectal (in the anus)
- Axillary (under the arm)

**Guide to kids and fevers**

<table>
<thead>
<tr>
<th>Age of Child</th>
<th>When to Call the Doctor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant less than 2 months</td>
<td>Rectal temperature of 100.5°F or greater</td>
</tr>
<tr>
<td>Baby aged 3–6 months</td>
<td>Temperature of 101°F or greater</td>
</tr>
<tr>
<td>Baby or child over 6 months</td>
<td>Temperature of 103°F or greater</td>
</tr>
</tbody>
</table>

**Electronic ear thermometers**

measure the temperature inside the ear canal. Although they’re quick and easy to use in older babies and kids, they don’t give as accurate a reading as digital thermometers for infants 3 months or younger, and they cost more. Excess earwax can also affect readings.

How can I make sure to give the right dose of a children’s pain reliever?

- **Acetaminophen and ibuprofen** do not have the same dosing guidelines. Use the weight dosing chart on the label as a guide. You can also dose by age, unless your child is light or heavy for his or her age.
- Follow the guidelines carefully on the label and don’t duplicate ingredients.
- Use the dosing device that comes with the bottle to be sure you’re giving your child the correct amount.
What are the signs that my child’s illness is probably not serious?

Your child’s illness is probably not serious if he or she:
• Still wants to play and eats and drinks well
• Looks well when his or her temperature comes down
• Is alert and smiles at you and has a normal skin color
• Has an easy time breathing
• Sleeps without waking up from a cough or nasal congestion

When should I contact my child’s doctor?

Contact your child’s doctor if your child:
• Develops a fever, sore throat, abnormal cough or other cold-like symptoms that go on for more than 24 hours, or are not relieved by OTC medications
• Complains of ear pain or pulls on the affected ear, stays in a bad mood, isn’t sleeping well or has a fever

These symptoms could signal something more serious, like an ear infection.

How can I reduce my child’s fever?

Fever is a symptom that can alert you to a serious infection, or a level of dehydration that requires treatment. If your child has a fever, check with your child’s doctor before you give your child medication to lower the fever.

• Fever reducers, such as acetaminophen or ibuprofen, can be bought without a prescription. Don’t mix or switch between these medications. It’s best to stick with one or the other. Also, if your child already uses a cold product that contains more than one medication, don’t duplicate ingredients.

• Use the smallest effective amount of medication for the shortest time to reduce the risk of drug side effects.

When in doubt, ask your Walgreens pharmacist to help you learn about each product, ingredients and new dosing guidelines.

While aspirin does reduce fever, it is not recommended for use in children because it has been linked to Reye’s syndrome, a rare but very serious illness that occurs in children and teens after a viral infection.
What types of flu symptoms do children usually have?

Flu symptoms include:
• Rapid onset of a fever, with chills
• Headaches
• Low energy
• Dry cough
• Achy muscles and pain

Sometimes flu can cause stomachache, nausea and vomiting and, as the days go on, a sore throat/runny or stuffy nose. Infants are more prone to flu-related problems, such as dehydration, ear infections, croup, bronchitis and pneumonia.60

What are the possible side effects of a flu shot for children?

Most children do not have side effects from a flu shot. However, there are some possible side effects. These usually don’t last more than a few days and include:
• Soreness at the site of the shot
• Mild fever
• Minor aches

Side effects from the flu nasal spray may include:
• Runny nose
• Headaches and muscle aches
• Wheezing
• Fever61

How can children reduce their chances of getting the flu?

• Teach children to cover their noses and mouths with a tissue when they cough or sneeze and to throw the tissue away after using it. Children who cough or sneeze should do so into their elbow.
• Children should wash their hands with soap and water for 15–20 seconds after they cough or sneeze. They can also use alcohol-based hand sanitizers in small amounts for in between cleanings. Keep sanitizers out of children’s reach.61
**How can I treat my child’s flu?**

You can treat flu symptoms as you would a cold. Children can take a fever reducer, such as acetaminophen or ibuprofen, to make them feel more comfortable. They may also take certain cold medications for the flu.62

If your child has a stomach flu with nausea, vomiting and diarrhea, make sure they keep drinking fluids. If your child is not drinking enough, his or her doctor may recommend an electrolyte solution. Electrolyte solutions replace the minerals and nutrients in your child’s body. Try giving your child a few small sips of an oral electrolyte solution every few minutes, per the recommendations on the bottle label. Electrolyte solutions now also come in freezer pops, though they should not be given to children under 1 year of age.63

**What is whooping cough?**

Whooping cough is an infection of the lungs and breathing passages. It can spread to other children quickly. The first symptoms are similar to common cold symptoms: sneezing, runny nose, slight fever and a cough that may get worse at night. However, unlike a cold, within a week or two an older child might start to have a whooping cough that gets stronger. During the next two weeks the child may become short of breath and can look bluish around the mouth. Tearing, drooling or vomiting may occur. Infants with this problem (also called pertussis) become very tired and can develop related problems such as pneumonia and seizures.64

Call your child’s doctor if you think he or she has whooping cough, never received a shot to prevent it, or has been exposed to someone with whooping cough. Antibiotics are usually used for two weeks, and a cool-mist vaporizer may be helpful. You can keep your child from getting whooping cough by getting him as young as 2 months of age.64
Why do my lips become chapped when I have a cold or the flu?

You breathe through your mouth when you are congested, which dries out your lips. Fever also dries out the body. There are also some products found in many cough and cold treatments that may cause dry lips.

How often should I use a lip care product?

Use lip balm daily to add moisture to your lips and keep them healthy. Products that contain petroleum jelly, beeswax, shea butter or sunflower seed oil can help lips feel better. Avoid products that contain eucalyptus, menthol or camphor, as they can cause dryness and irritation.

What are cold sores and fever blisters?

Cold sores or fever blisters are caused by a contagious virus of the mouth. Cold sores usually occur outside the mouth: on the lips, chin and cheeks or in the nostrils. When they do occur inside the mouth, it is usually on the gums or the roof of the mouth.

What causes cold sores and fever blisters?

Cold sores or fever blisters are caused by a virus that many people have in their bodies. The virus can become active if a person gets a cold or fever. It can also be triggered by sun exposure, stress, intestinal illness and women’s menstrual cycles.

What warning signs show that a cold sore or fever blister is coming?

Itching, tingling and a feeling of heat will often show where a sore or blister will appear within 24 hours. You might also notice a small bump or swelling on or next to the lip.

How can I treat my cold sore or fever blister?

There is no cure for cold sores. However, there are medications to help relieve some of the pain and ache that comes with the sores. These include creams that numb the blisters, antibiotics that control related bacterial infections and ointments that soften the crusts of the sores. Keep your lips moist, reduce stress and stay out of the sun, which can trigger a cold sore. Ask your healthcare provider about anti-viral creams that can shorten the course of your cold sore.
What products should I have on hand for the cold and flu season?

Be prepared for cold and flu season with medications and remedies from Walgreens. These can make you feel better at the first sign of infection:

- Nasal decongestant (avoid if you have high blood pressure, glaucoma, diabetes or thyroid disease)
- Cough suppressant, cough drops, throat lozenges, mucus expectorant and topical cough medication, like Vicks VapoRub (for use on your skin only)
- Adult and pediatric versions of acetaminophen and ibuprofen. These are pain relievers and fever reducers
- Saline nasal spray or drops, nasal adhesive strips and neti pot (sinus rinse)
- Pediatric cough and cold medication for older children
- Pediatric dosing syringe, thermometer, bulb syringe and tissues

What all-natural or gluten-free products does Walgreens carry for colds and flu?

Walgreens offers several cold and flu products that contain all-natural ingredients and have no synthetic chemicals or additives. Some are also gluten-free. These products are designed to help relieve the same symptoms as other OTC products. However, they are considered nutritional supplements, rather than medications. Some are homeopathic, which means they don’t contain active medicinal ingredients but act in a way that is similar to some OTC medications. Speak to your healthcare provider before you use these or any other nutritional supplements.

Because bathrooms may be too moist, it is best not to store your medications in a medicine cabinet. Try to keep all medications in a locked cabinet, in a cool, dark, dry place out of the reach of children. Make sure not to use products past their expiration dates.73
References:


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With more than 100 years of trusted recognition, Walgreens brand products carry our founder's name—a person who was passionate about making wellness simpler, easier and within everyone’s reach.

- Walgreens brand products contain the same active ingredients when compared to other brands.
- Walgreens Pharmacists recommend Well at Walgreens brands*.
- Exceptional value, every time.
- All backed by 100% Satisfaction Guarantee.

*Walgreens Pharmacist Survey Study, November 2012

Support local preventive wellness with Walgreens. With each purchase of a Walgreens Brand Health & Wellness Product, 1¢ goes to the Walgreens Way to Well Fund® up to $3 million annually. Visit Walgreens.com/waytowell

*See website for details.
VALUE YOU CAN TRUST

Walgreens brand make it easy to find relief fast with a complete selection of cold and flu products. It’s easy to find just what you need from cough drops and nasal decongestants to humidifiers. You can trust products that carry the Walgreens name.

VALUE YOU CAN TRUST

Trust the brand Walgreens pharmacists recommend.*


Exceptional value, every time. 100% Satisfaction Guaranteed.
Questions about which cold and flu products are right for you and your family?

Walgreens pharmacists can help determine the best products for your cold and flu needs. Consult with one of our knowledgeable pharmacists in store or to chat with a live pharmacist anytime, day or night log on to Walgreens.com/PharmacyChat.