



Is it cold or flu?

The “common” cold is caused by a variety of viruses that are capable of infecting our upper respiratory tract. This usually includes our chest, throat, nose, sinuses, ears and head.

In general, we experience reduced energy levels, fever, headache and congestion. Invariably, there's a watery nasal discharge and sneezing, followed by thicker secretions containing mucous, white blood cells and dead bacteria.

Sounds wonderful doesn't it?

Usually a cold can be differentiated from other conditions with similar symptoms, like allergies and influenza, by commonsense. The flu has much more severe symptoms, and usually occurs in epidemics. Allergies are caused by underlying factors, but there's usually no fever. There's also a seasonal aspect with allergies.

So, rather than believe that you are coming down with the flu, in most cases it is a cold. Managing the accompanying symptoms will help a speedy recovery. Rest and adequate sleep is fundamental.

Ask your Chemist for advice.