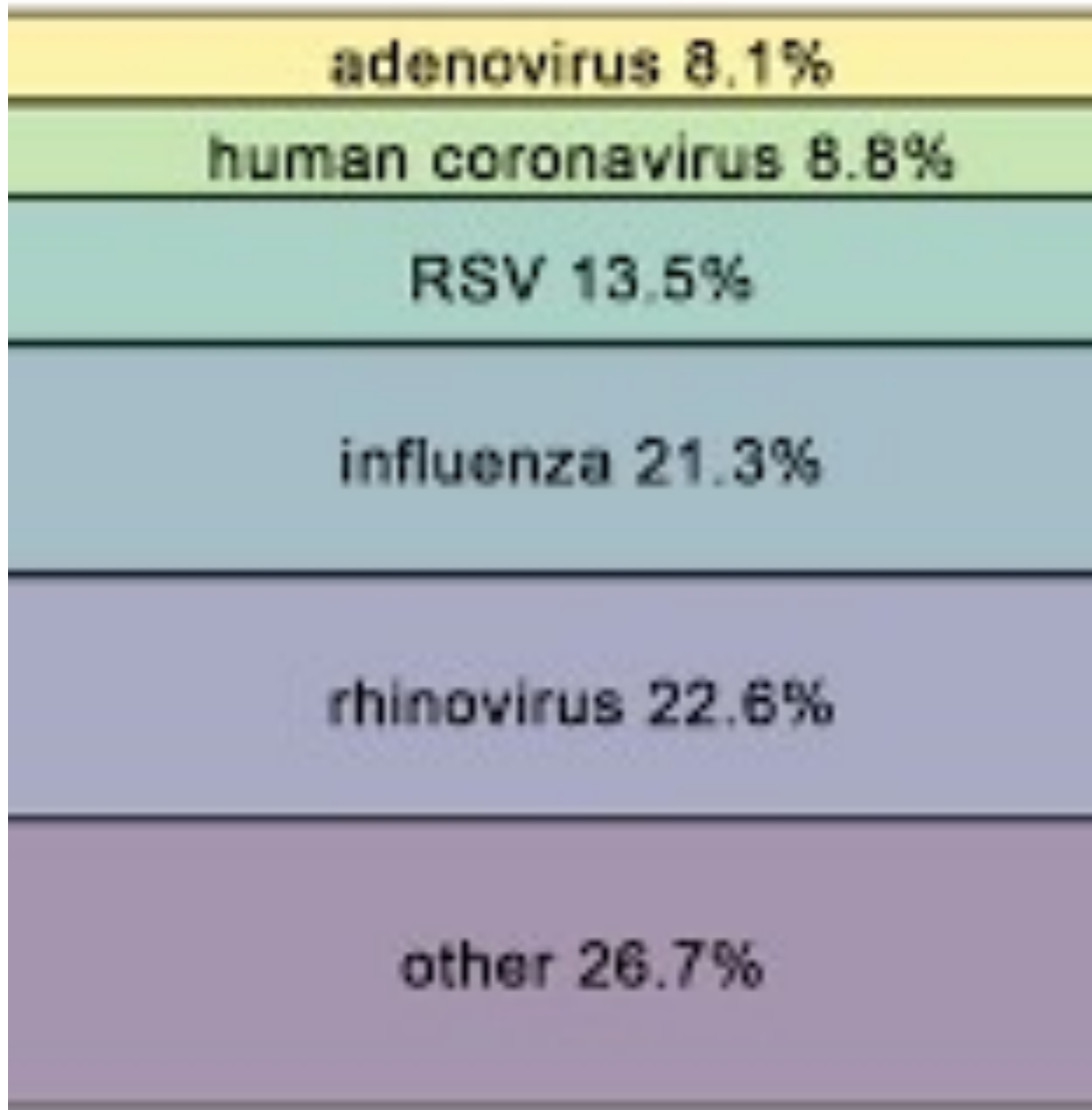


Urna Semper

common cold and influenza





Viral Pathogen Contributions
in Individuals with ILI

1 - Etiology :

2- virus classification:

Symptoms :

Cold Symptoms vs. Flu Symptoms



Congestion



Itchy/watery eyes



Feeling tired



Cough



Runny/stuffy nose



Sore throat



Headache



Fever



Body aches



Extreme fatigue

COLD

OR

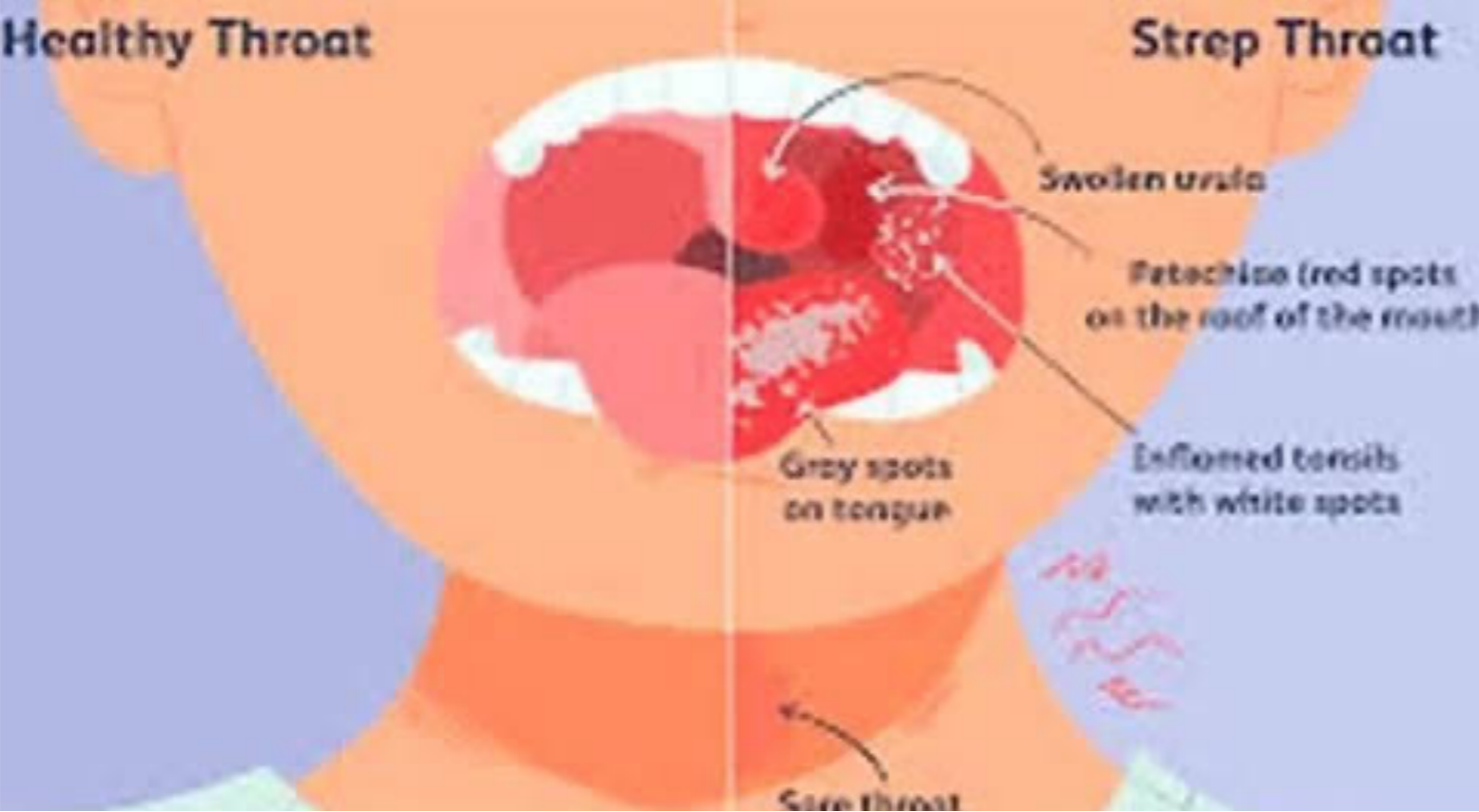
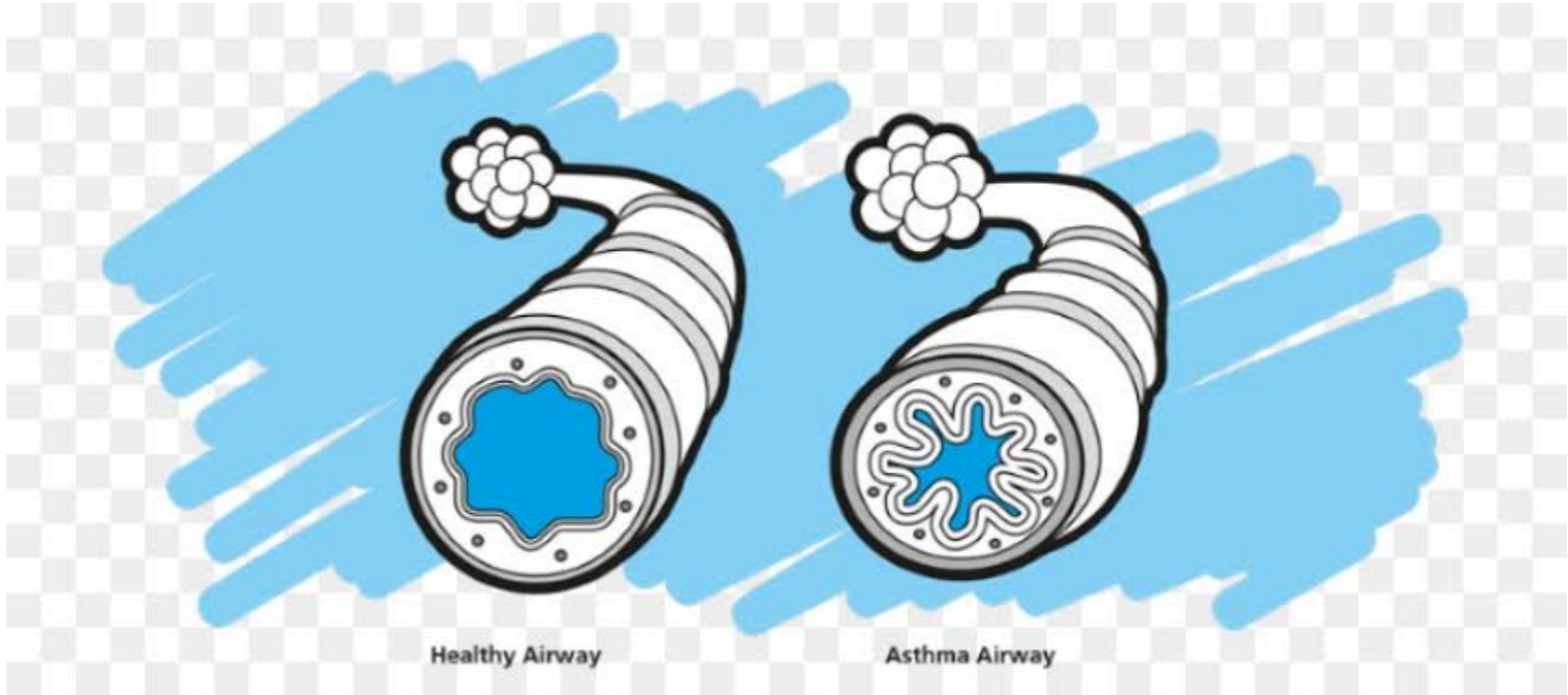
FLU?



How to tell
which one
you have

Complications :

1 -common cold complications :



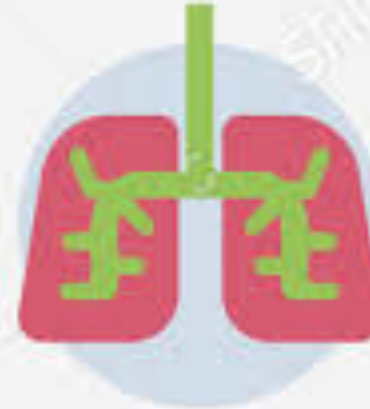
2 -influenza complications :



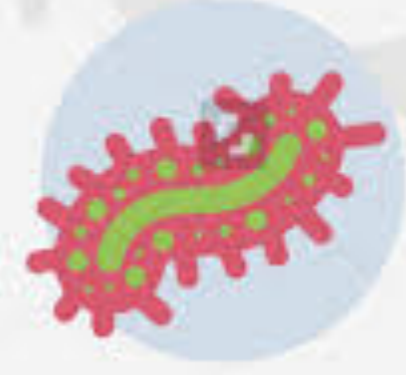
OTITIS



SINUSITIS



BRONCHITIS



SEPSIS



PNEUMONIA



MYOCARDITIS



DIARRHEA



MENINGITIS

Treatment :

Non pharmacological treatment:

- rest
- stay hydrated
- hot drinks
- try honey



Treatment :

Pharmacological treatment:

- analgesic
- decongestant and nasal spray
- cough remedies
- antihistamines



Treatment For Common Cold



Cold medicines



Cough syrups



Decongestant nasal spray



Drink plenty of warm fluids



Get plenty of rest

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Tips to Prevent Spreading a Cold



Wash hands frequently



Disinfect contaminated objects and surfaces

Avoid touching your face



Always cover mouth and nose when sneezing and/or coughing

Isolate yourself until symptoms have passed



Thank
you.

