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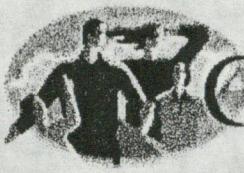

GUIDE TO

Colds, Flu, & Allergies

About Colds

Causes: Colds are caused by one of hundreds of common viruses that can easily be transmitted from person to person.

Symptoms: Stuffed nose/congestion, runny nose, fever, headache, cough, sore throat or fatigue.

When to see a doctor: Colds can sometimes lead to other infections. If a cold lasts longer than 10 days, consult with your physician.

Prevention: Keep your distance from people who are coughing or sneezing. Drink a lot of fluids (water is best) and wash you hands often.

General treatment strategies: Since there's no cure for a cold, the best advice is to get plenty of rest and drink a lot of fluids, especially water to moisten mucus membranes. Make sure you have plenty of ventilation.

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