



Cold and Flu Awareness

Cold and Flu Season is coming soon!

Stay Healthy and Prepared this September

August 31, 2020

The Cold and Flu season, which normally peaks in the fall and winter months, will be here before you know it. With the COVID-19 virus still active, we should expect to see an increase in sicknesses and testing. According to the CDC, the 2019-20 influenza season resulted in 39 million to 56 million illnesses. Virus awareness and protection is everyone's responsibility. Are you ready?

Most respiratory viruses...

like the common cold, usually come and go within a few days. But the flu (influenza) and COVID-19 are viruses that can cause serious health problems. You can help prevent being prone to these viruses by adopting healthy habits and by using medicines and vaccines approved by the U.S. Food and Drug Administration to combat and help prevent the flu. It's important that you keep your hands washed and cover your mouth by coughing or sneezing in your shirt or elbow.

Check with your health care provider if you are at high risk for respiratory complications and you have flu-like and/or COVID symptoms — or if you have similar symptoms that do not improve.

People at risk may include:

- Children younger than 5 years, but especially those younger than age 2
- Pregnant women
- People age 65 or older
- Those with existing respiratory complications (such as asthma, lung disease, or COPD)

If you are generally healthy, here's how to tell if you have a condition that may require physician care.

Symptoms	ALLERGIES	COLD	FLU	COVID-19
Fever	No	Rare	High (100-102 F)	Common (100+ F)
Headache	Sometimes	Rare	Intense	Sometimes
General Aches, pain	No	Slight	Common, often severe	Sometimes
Fatigue, weakness	Sometimes	Slight	Common, often severe	Sometimes
Extreme Exhaustion	No	Never	Common (starts early)	Sometimes (progresses slowly)
Stuffy Nose	Common	Common	Sometimes	Rare
Sneezing	Common	Common	Sometimes	Rare
Sore Throat	No	Common	Common	Rare
Cough	Sometimes	Mild to Moderate	Common, usually dry	Common
Shortness of breath	Common	Rare	Rare	In more serious infections
Runny Nose	Common	Common	Sometimes	Rare
Diarrhea	No	No	Sometimes	Sometimes

As a Physician...

It's important to have your facility stocked up on items needed for in person patient visits as well as products needed for testing.

- Masks, [hand sanitizer](#), and facial tissue offer when patients enter waiting room.
- Soap and [sanitary paper wipes](#) for the bathrooms.
- [Surface Disinfectants](#) to keep the exam rooms and work area clean.
- [Protective paper products](#) such as table paper and patient gowns and drapes for patient rooms.

- Make sure all your vital sign items are up and running properly. Don't forget protective sleeves for your instruments.
- Appropriate personal protective equipment for health care personnel.

We believe healthcare services are both local and Regional. NuEdge leverages a large network of over 300 independently owned distributors across the country serving the continuum of care outside the hospital. It's about community support and wellness initiatives. You can search for a local distributor in your area [here](#).

Resources:

[FDA](#)

[CDC: The Flu Season](#)

[CDC: Flu and COVID-19](#)

[WebMD: Is it the Cold or Flu?](#)

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