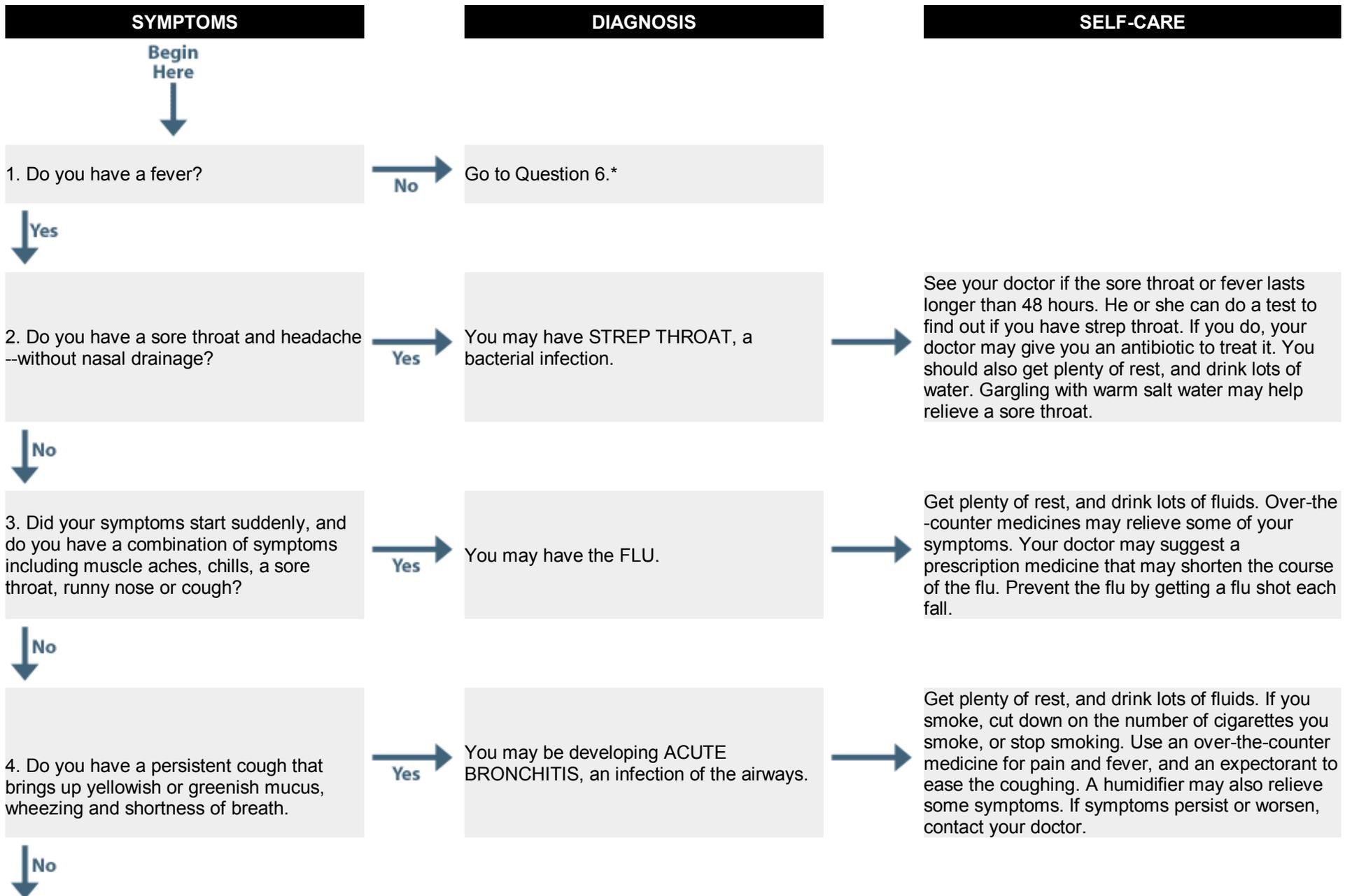


Cold and Flu

Follow this chart for information about how to treat the symptoms of a cold or the flu and how to know when to see a doctor. Other illnesses may also cause flu- or cold-like symptoms. Self-care is often all that is needed to treat common viral illnesses.



5. Do you have a headache or muscle aches, nausea or vomiting, and watery diarrhea?

→
Yes

You may have [GASTROENTERITIS](#) (also called the stomach flu).

→

Get plenty of rest. Children who have gastroenteritis should be given an oral rehydration solution to avoid dehydration. Ease back into eating with bland foods and clear liquids.

*6. Do you have a runny and/or itchy nose, sneezing, and itchy eyes?

→
Yes

You may have ALLERGIES.

→

Try an over-the-counter antihistamine medicine. If symptoms persist or worsen, contact your doctor.

↓
No

7. Do you have sneezing, a sore throat, headache, congestion and a runny nose?

→
Yes

You probably have a COLD.

→

Try an over-the-counter cold medicine to treat the specific symptoms you are having. Get plenty of

↓
No

8. Do you have swelling or pain around your eyes, cheeks, nose or forehead, a headache, a dry cough, and/or discharge from the nose?

→
Yes

You may be developing SINUSITIS.

→

See your doctor. Acetaminophen, ibuprofen and/or warm compresses may help reduce facial pain. A cool mist vaporizer may help your sinuses drain more easily. Drink plenty of fluids.

↓
No

For more information, please talk to your doctor. If you think your problem is serious,

WARNING: Due to the risk of Reye's syndrome, don't give aspirin to children without your doctor's approval.

This tool has been reviewed by doctors and is for general educational purposes only. It is not a substitute for medical advice. The information in this tool should not be relied upon to make decisions about your health. Always consult your family doctor with questions about your individual condition(s) and/or circumstances. Source: American Academy of Family Physicians. Family Health & Medical Guide. Dallas: Word Publishing; 1996.