



# Ask Your Pharmacist

## Cold And Flu Help

(NAPSA)—Colds and flu can strike at any time of year. It's important to know how to recognize and treat these conditions.



**You can treat colds and flu over the counter.**

Colds can cause fever, headache, nasal congestion, runny nose, sore throat and coughing. If you are suffering from several of these symptoms, it may be more convenient to use a multisymptom cold product.

The flu is a viral infection. Symptoms can be severe, and may include fever, headache, muscle pains, dry cough, sore throat, runny nose, weakness and fatigue.

Symptoms usually last for about a week. The flu can lead to dangerous complications, such as bronchitis or pneumonia.

Over-the-counter medications, the most common treatment for colds and the flu, can help ease symptoms.

There are a variety of natural remedies as well. For more information, go to [www.drugstore.com](http://www.drugstore.com).