

Are You Suffering from Cold or Flu?

Dear Parents,

The winter season brings a myriad of respiratory infections and health problems like Flu, common cold, pneumonia, asthma attacks, sore throat and dry skin. Out of these Flu and Common cold are the most common viral infection during the winter season among children, adults and elderly. Flu and common cold infection peaks during both Monsoon and Winter season.

Common cold and flu have similar symptoms, hence it is difficult to differentiate between them. Flu is caused by influenza viruses and common cold is caused by Rhinovirus, Parainfluenza virus. Generally, common cold is milder than flu. People with common cold are more prone to have runny, stuffy nose, without fever and it does not result in serious health condition. Whereas, flu usually starts abruptly with fever, chills, body ache, headache and can be associated with runny, stuffy nose, cough and sore throat. Occasionally, flu may result in serious health concern like pneumonia and in some cases, it may even lead to hospitalization.

Who are at risk? Elderly, adults with chronic conditions like asthma, heart disease, diabetes, pregnant ladies, children with less than five years of age.

Period of Infection: A person is infected a day prior to getting sick and can remain infected for the next five to seven days. However, the person is most infectious during the initial three days of being infected.

COVID-19 & flu: - Presently, we have flu virus and COVID -19 virus present in the air, hence it is recommended to get vaccinated against flu and COVID-19. As both the virus share the common symptoms, it becomes important to isolate and get tested for COVID -19.

Tips to prevent flu and common cold: -

1. Wash your hands frequently.
2. Do not share personal items like toothbrush, drinks etc.
3. Stay at home when you are sick and observe social distancing.
4. Clean and disinfect surfaces at home and at work place.
5. Cover your face with tissue while coughing or sneezing.
6. Have turmeric milk along with black pepper, cinnamon powder and jaggery as immunity booster.
7. Get vaccinated against flu and COVID-19.

By following these tips, it is easy to prevent flu and common cold. Furthermore, taking a balanced diet, wearing warm clothes, getting vaccinated and wearing a mask especially in crowded areas, whenever and where ever required, so as to keep respiratory infections at bay.

With Best Wishes,
Medical Department,
Delhi Public School-Bopal, Ahmedabad.