

## Is it a cold or the flu?

*Fall is a good time to review the signs of and treatments for seasonal illnesses*

### ANCHOR LEDE

Fall and winter mean seasonal illnesses like cold and flu. You should know the symptoms and treatments for each.

### TAKE VO

OSF HealthCare advanced practice nurse Brittany Anderson says cold symptoms are gradual and include runny nose, sneezing, coughing and sore throat. Those are seen with the flu, too, as well as fatigue, body aches, chills and fever.

Anderson says for cold symptoms, a visit to an urgent care is a good first step.

### \*\*\*SOT\*\*\*

Brittany Anderson, OSF HealthCare advanced practice nurse

**“Cold management is really just treating those symptoms. That can be managed with things over-the-counter. Depending on the symptoms you present with, the provider can help you with which items may be more appropriate.” (:12)**

### VO TAG

Flu patients may get an antiviral treatment, too.

Flu can also be more serious, so if you have sudden symptoms like difficulty breathing or chest pain, call 9-1-1.