

Is it a cold or the flu?

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

*****SOT*****

Brittany Anderson, OSF HealthCare advanced practice nurse

"With the flu, symptoms are more abrupt. For a cold, symptoms can be gradual." (:06)

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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." (:11)

*****SOT*****

Brittany Anderson, OSF HealthCare advanced practice nurse

"Some of those high-risk individuals are a little more at-risk for severe complications like pneumonia, respiratory distress or sepsis." (:12)

*****SOT*****

Brittany Anderson, OSF HealthCare advanced practice nurse

"For the most part if you're healthy, you can treat illnesses at home with over-the-counter medications. If symptoms get worse, the sooner you get checked out, the better your outcome is." (:05)