

Is it Cold or Flu?

Is it a cold or is it the flu? Sometimes it's hard to figure out. There are so many sicknesses out there, just waiting to prey upon our bodies. It does not matter if you have the flu, a cold, or some other type of sickness -- if you're sick you're sick, right? Actually, you do need to know what kind of illness you have, in order to treat it properly. Whether it's a cold, flu or other illness, all need to be treated in their own particular way. If you want to get better, you need to know what to do.

Colds, flu, and other viruses need to be dealt with as swiftly as possible. Of course, most viruses cannot be dealt with well without anti-virals, and these are not given out for regular sicknesses. In most cases, the chances are good that your doctor will simply tell you to drink as many fluids as you can, while getting plenty of rest at home. This is the best way to deal with a cold or the flu once you have already contracted it.

There are some things that you can do, however, to lower your chances of catching one of these viruses to begin with. Thought, and learning these precautions, can keep you feeling good throughout the year -- even throughout cold and flu season.

You can prevent catching a cold, flu or anything else by keeping your hands clean all day. Wash your hands as many times throughout the day as you can, and you will enormously lower your chances of getting sick. Just remember, do a quick wash with soap after you touch others or the objects that others touch frequently. This is one of the best and easiest ways for you to keep from catching cold, flu or anything else that comes along.

You should also carry a small packet of tissues in your pocket or purse. This is a good idea as you can then pass some along to those around you who are coughing or sneezing. Virus get spread by coughing and sneezing, so if you can get other people to use a tissue, you help to contain the spread of viruses.