

# Do you have the flu essentials?

Be ready for flu season this year. Ask your Live Well Pharmacist which **Pharmasave Brand** and other products are the most appropriate to help you and your loved ones prevent and fight off the flu.

## Relieve pain and fever

- Acetaminophen suspension (for children)
- Acetaminophen tablets
- Ibuprofen tablets

## Boost your immune system and prevent common colds

- Cold Assist capsules
- Vitamin C
- Multivitamins
- Echinacea

## Loosen mucus

- Expectorant cough syrup

## Relieve nasal symptoms

- Sinus medication
- Hot lemon relief
- Vaporizing ointment
- Saline nasal mist

## Relieve cough and sore throat

- Zinc lozenges

## Suppress coughs

- DM cough syrup

## Ready for flu season!

- Talked to my Live Well Pharmacist

## Don't forget these as well...

- Liquid hand soap
- Hand sanitizer
- Thermometer
- Facial tissues
- Protective face mask
- Bottled water

**Don't spread the flu!** Even if you've had the flu shot, it's still important to protect others. Washing your hands frequently with soap and warm water for at least 20 seconds is the easiest and most effective way to prevent the spread of the virus.

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*informed.*

# Can you tell the difference between flu and a bad cold?

Many people think they've had the flu when it's actually just a cold. Here's how to tell the difference:

Symptom	Cold	Flu
FEVER	Uncommon	Usually; high; lasts 3 to 4 days
HEADACHE	Uncommon	Very common
ACHES AND PAINS	Slight	Common and often severe
FATIGUE AND WEAKNESS	Mild	Significant; can last 2 to 3 weeks
EXTREME EXHAUSTION	Never	Very common at the start
STUFFY NOSE	Common	Sometimes
SNEEZING	Common	Sometimes
SORE THROAT	Common	Sometimes
CHEST DISCOMFORT AND COUGH	Common; mild to moderate; hacking cough	Common; often severe; painful cough

For most people, the flu lasts one or two weeks, but it can last for up to a month.

Talk to your **Live Well Pharmacist** about flu shots, prevention, symptom relief and other ways to stay healthy this flu season.

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