

The Pharmacy

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Fight That Flu!

As we approach the busy holiday season, flu season is intensifying, alongside the ongoing risks of COVID-19, Saharan dust, and other airborne allergens. With so many factors at play, it can be hard to pinpoint the cause of a runny nose, sore throat or fever. To help clarify, we've prepared a handy comparison guide so you can better understand what's behind your symptoms.

Is It a Cold, the Flu, COVID-19, or Allergies?

SYMPTOMS	COLD	FLU	COVID-19	AIRBORNE ALLERGY
Fever	Rare	Usual, high (37.7 - 38.8°C or higher) especially in children); lasts 3-4 days	Common	Never
Headache	Uncommon	Common	Common	Uncommon
Aches and Pains	Slight	Usual, often severe	Common	Never
Sore Throat	Common	Sometimes	Common	Sometimes
Cough	Common	Common, can become severe	Common, dry cough	Sometimes
Fatigue, weakness	Sometimes	Usual, can last up to 3 weeks	Common	Sometimes
Sneezing	Usual	Sometimes	Rarely	Usual
Stuffy, Runny Nose	Common	Sometimes	Common	Sometimes

THE SPOTLIGHT'S ON: FLU SEASON SURVIVAL KIT

MASKS:

OTC PAIN RELIEVERS:
like paracetamol & ibuprofen

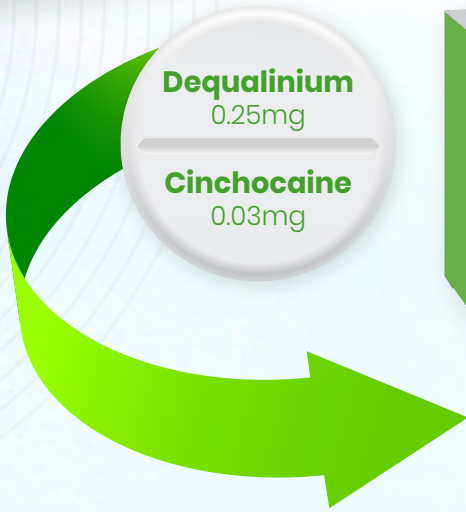
FLU VACCINE:
It's free

HAND SANITIZER:

HOME REMEDIES:
like honey, lime and ginger

YOUR FLU SEASON ESSENTIALS

Fight fever and body pain with two powerful ingredients



Ease sore throat and prevent secondary infections

DID YOU KNOW?
INTERESTING FACT

FLU SEASON SPANS FROM OCTOBER TO MAY EVERY YEAR.

While flu viruses circulate year-round, flu activity usually begins to rise in October, peaking between December and February, and can last until May. This aligns with the busy Christmas and Carnival periods, so it's important to take extra precautions during these months.

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