

Do you have the flu essentials?

Even if you've had the flu shot, you still have a small chance of getting sick. Make sure you ask your Pharmasave 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 nasal symptoms

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

Boost your immune system & prevent common colds

- Cold Assist capsules
- Vitamin C
- Multivitamins
- Echinacea

Loosen mucous

- Expectorant cough syrup

Suppress coughs

- DM cough syrup

Relieve cough & sore throat

- Zinc lozenges
- Cough lozenges
- Herb cough drops

Relieve pain and fever

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

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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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 3 to 7 days, but it can last for longer than 2 weeks.

Speak with your **Pharmasave pharmacist** about flu shots, prevention, symptom relief and other ways to stay healthy this flu season.

