

Is it Influenza or a bad Cold?

When the symptoms hit, a lot of people think that they are **coming down with the flu**, when it is more than likely just a bad cold. Others will really have the flu and fill themselves up with vitamins and **cold remedies**.

Aside from the fact that going to work with either a cold or influenza is **irresponsible**, it is **ill-advised** for anyone to work when their body is telling them they need to rest and take it easy. It is recommended that anybody – tea-

chers, doctors and nurses – who works with the public should get a flu **vaccination**. The problem is, especially at this time of year, that we are all **exposed to** cold and flu viruses everywhere we go.

Female Pharmacy customer: Hello, do you speak English?

PTA: Yes, I do. How may I help you?

I just know that I am coming down with the flu!

Oh, the flu is certainly doing the rounds here at the moment, but before I help you I need to ask you a few questions about your symptoms.

That's alright. I can't understand though why I got the flu.

Why?

I got my **flu jab**, like I do every year, well before this flu epidemic.

That will help against the flu, but it won't protect you from the common cold.

How do I know the difference?

The best way is to take a look at the symptoms and how quickly they came.

I see.

So, when did they start and what did they start with?

I have had a sore throat the last few days. And now my nose is **stuffy** and I keep having **sneezing fits**.

Any signs of fatigue or body aches?

Just felt a little tired and achy until I took a painkiller for my **headache**. My nose is really annoying. It's red and raw from blowing it.

Colds and flu have a few symptoms **in common**, such as sore throat and runny or stuffy nose, flu symptoms also include a dry, **hacking cough**, severe muscle or body aches, and severe fatigue, **accompanied by fever and, especially in children, vomiting and nausea**.

Oh, I don't have any of those symptoms. What do you recommend?

We have this nasal spray with dexpanthenol. The decongestant will help relieve the stuffiness and dexpanthenol stops the spray from drying out the mucous membranes. This tissue repair cream, applied only on the outside will help the skin and redness around you nose. Here is a special salt in sachets for making a nasal irrigation solution. Why should I use nasal irrigation when I have the nasal spray?

Please don't use the spray for longer than 7 days. Nasal irrigation really helps. Dissolve the contents of the sachet in luke-warm water in a nasal irrigator. I recommend irrigation mornings and evenings. Also drink plenty of fluids and try to get some rest.

Do you have nasal irrigators here? I don't have one at home.

Certainly, here you are.

Thank you, bye bye! ■

*Catherine Croghan,
Lecturer in English and native speaker*

VOCABULARY

Influenza	Grippe
Cold	Grippaler Infekt
coming down with the flu	Die Grippe ausbrüten
cold remedies	Erkältungsmittel, Schnupfenmittel
irresponsible	unverantwortlich
ill-advised	unvernünftig
vaccination	Impfung
exposed to	ausgesetzt sein
flu jab	(ugs.) Grippeimpfung
stuffy	verstopft
sneezing fits	Niesanfälle
fatigue	Erschöpfung
body aches	Körperschmerzen
headache	Kopfschmerzen
in common	gemeinsam
hacking cough	trockener Husten
accompanied by	begleitet von
vomiting	Erbrechen
nausea	Übelkeit
mucous membranes	Schleimhäute
tissue repair cream	Wundheilcreme
nasal irrigation	Nasenspülung