

In the Name of Allah, Most Gracious, Most Merciful

How to Prevent from Cough, Cold and Flu

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If equipment breaks down, you may wait for few seconds/minutes/hours/days/months/years as per need, **BUT** when a person gets sick or injured, it is a kind of emergency and one needs treatment to avoid seriousness.

Prevention is always better than cure, however many people don't take serious about common Cough, Cold and Flu, that could be very dangerous if it is Bird Flu, Swine (H1N1) Flu, etc., and **Pneumonia may attack**, since you may become very weak or you may become carrier of these for others. **We MUST take as many precautions as possible**. **High-risk children and adults** may develop complications (such as: **Pneumonia, Bronchitis, Asthma flare-ups, Sinus infections, Ear infections**, etc.) easily. **You must know yourself**. Always ask your Family Doctor before trying any over the counter medications or natural remedy etc. **Below are few tips:**

Tip-1: Cover yourself from head-to-toe, depending upon severity of cold (below **22-C** or **72-F**). For **extreme cold** you will sure need special kind of clothing etc., i.e., **multiple layers of good material clothing from head-to-toe by keeping your eyes and nose open**. **Tip is neither you get sweat on wearing those clothing nor feel cold**. Sometimes you may need a **cap** and sweater even if **doors/windows are sealed tight**. **Cover your head with cap** during sleep as well during winter. **Wash your hands more often**.

Tip-2: Ask your Family Doctor if you can use following medications on first signs of symptoms:

- Oil of wild Oregano** (few drops), four times a day.
- Do Gargle with **half** teaspoon of **Apple Cider Vinegar** or Glass of Hot Salty Water.
- Take **Ginger** slices and **Cloves, Turmeric Powder** with **Milk** etc.
- Take spoon of **Honey** with **Black Pepper** and **Cinnamon Powder**, four times a day.
- Herbal Tea** (Ginger, Licorice, Green Tea, Johar Joshanda etc.), with honey, repeat as required.
- Take Chicken or Vegetable **soups with Herbs** (e.g. Ginger, Garlic, Clove, Black Pepper, Turmeric Powder and Oregano Leafs etc.).
- Fisherman's friend extra strong lozenges**, repeat as required.
- Drink as much hot/warm water** as you can during the day.
- Quarter teaspoon of **virgin olive oil** before going to bed, without water **if your throat is dry**.
- Use **Humidifier** during dry season or if you are using heater during winter.
- Take **Reactine/Claritin/Allegra (once a day) Allergy medication and Vitamin C**.
- Take **Advil/Ibuprofen/Tylenol/Panadol, Cough Syrup** and other necessary medications when needed as per instruction. Advil/Ibuprofen (**anti-inflammatory drug**) is very good for anti-inflammatory pain, throat pain, sore throat.
- If symptoms do not improve in few days (48 hours), then ask your Family Doctor**.



Tip-3: If you have severe symptoms, **must avoid going into public gatherings including Masjids**, otherwise you may spread it.

Tip-4: If weather is changing or you are travelling, then you must take extra precautions.

Along with its intended results, a drug may cause a number of unwanted side effects. These effects can happen when you **start** a new medication, **decrease** or **increase** the dose of a medication, or when you **stop** using a medication.

Some side effects may be severe and require medical attention, while others may be mild and of little concern. Severe or annoying side effects are one of the main reasons why people stop taking their medications. If you are having worrisome side effects, your doctor may want to change your dose, try a different medication in the same drug class, or recommend some type of dietary or lifestyle change.

Side Effects: NEVER OVERDOSE ANY MEDICINE:

All medications used for the treatment of any type of health condition can cause side effects. However, many people who take a drug or a combination of drugs have no side effects or minor side effects.

Your likelihood of having side effects from your medications may be related to your age, weight, sex, and overall health. Additionally, ethnicity and race or the severity of your disease may increase the possibility of side effects. These factors may determine if you experience side effects from your medications, the severity of your side effects, and their duration. Ask your Family Doctor, if you get side effects.