

Signs of cold or influenza, please note the following:

You may connect the flu with cold weather, runny noses, itchy eyes, fever and sore throat. But not typically with sun, desert and palm trees. Despite the fact that Dubai has a pleasant winter weather, people are susceptible to the flu in Dubai as well.

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness. The flu is different from a cold. The flu usually comes on suddenly.

People who have the **flu** often feel some or all of these **symptoms**.

- fever / chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- A headache
- tiredness (fatigue)
- Some people may have vomiting and diarrhea, although this is more common with children than with adults.

What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

How can you tell the difference between a cold and the flu?

Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can be carried out, when needed to tell if a person has the flu.

More information about Flu: [The Disease](#).

Proven household remedies for colds and flu

If the symptoms persist and/or are accompanied by a high temperature, please always consult your GP or paediatrician.

Proven household remedies in the case of coughs

Children and coughing – this goes together like pitch and brimstone. Children cough often and a lot. This is often the case quite simply because the cough is intended to catapult the foreign objects (mucous) out again. Since by itself the cough is a meaningful protective bodily reflex.

It is possible with small children that they swallow parts of a toy. Here too the cough normally ensures that the foreign body is quickly removed.

However, if the cough is accompanied by symptoms like the sniffles, a sore throat and a high temperature, it could be a cold.

- **Drink** sufficiently in order to promote the blood circulation in the mucous membranes of the throat and bronchia.
- **Ventilate** regularly and ensure moist air. This is how you counteract the bronchia contracting.
- Sugar-free **cough drops** ensure the mucous membranes are moistened.
- Raise **your head during the night on pillows** – this will help get rid of the mucous.

In the case of dry and painful coughing, **Prospan** juice or Prospan effervescent tablets have an expectorant effect.

Expectorant products should not be taken at night. The bronchia are relieved of the mucous and a cough develops. This in turn would lead to a restless night with a lot of coughing.

Avoid dairy products. They will make the cough worse.

Essential oils (such as camphor, menthol, peppermint, eucalyptus) are basically **not suitable** for babies and toddlers (up to around the age of 3). Side effects that could arise are difficulties breathing and choking.

Proven household remedies in the case of sore throats

In the case of sore throats, gargling with **salt water**, **sage tea** or **camomile tee** in particular has proven useful. It is recommended to gargle several times a day for at least one minute. Pay attention to the water being sufficiently warm.

Cinnamon was already held in high esteem as a remedy in old Egypt. In the case of a cold cinnamon is very effective (e.g. in the form of **cinnamon tea**) due to its anti-inflammatory and antibacterial properties.

Cinnamon tea can be bought ready to use from a health food shop or from a chemist shop. As an alternative it is possible to brew some cinnamon sticks in boiling water, let it brew and drink the stock. The aroma itself will help to improve the general well being since cinnamon also has a positive effect on the mood and blood circulation.

Children can also drink the tea without any problems, whereby the cinnamon taste could be too strong. However, this problem can be easily solved: simply mix the cinnamon tea with some apple or lemon tea powder and the sweeter taste will surely convince even the smallest of fault-finders.

Restriction: cinnamon could bring on contractions, therefore pregnant women should be careful when using the herb. Cinnamon is indeed harmless when used normally as a cooking herb or also in tea; in spite of this you should ask your midwife or your doctor beforehand for advice.

Lemon compresses help with throat infections. Mix hot water with the juice of a lemon, lay a cotton cloth in the brew, wring out the cloth and place it at the front of your throat when it has a pleasant temperature. Wrap a dry cloth without folds around your whole neck and fasten it. Let it take effect until it cools down.

Should you develop a sore throat while you have tonsillitis, the cooling effect of a **curd compress** is to be recommended. This could also alleviate painful swallowing problems.

Curd at warm temperature is applied to a cloth and this should then be wrapped around your neck. The curd compress should only be used for a maximum of 3 hours. Attention: if the patient is a child and the child is shivering, no curd compress should be used.

General tips in the case of sore throats:

- Throat drops, e.g. with sage or blackcurrant could help to relieve sore throats. Sucking encourages the flow of saliva, swallowing becomes easier and the healing process is accelerated.
- It is important in the case of a sore throat **to drink a sufficient quantity** (e.g. sage tea), in order to make swallowing less painful due to the increased production of saliva.
- Avoid juices that are rather unsuitable in the case of sore throats due to their mucosa irritant agents. In this respect you should avoid consuming hot lemons if you have a sore throat. Herbal teas or warm milk are better.
- Keep your throat warm with a cloth or scarf.
- Moisten the room air in order to keep the mucous membranes moist.
- Lozenges from the chemist shop are anti-inflammatory and target the germs.