

# Ask Your Pharm



**Rina**, Walgreens Pharmacist



Knowing how to keep yourself and your family healthy during cold and flu season can be daunting. The solution? Ask questions—and plenty of them—to best safeguard against illnesses. Your pharmacist is on hand to answer questions and help you on your way to being healthy and happy.

**Q: I have a stuffy nose & sinus pressure. How do I know if it's a cold or allergies?**

**A:** You will usually notice a sore throat at the early stages of a common cold. Other typical symptoms include a runny or stuffy nose and frequent sneezing. It can last anywhere from 4-9 days, usually resolves on its own. Allergy symptoms may be similar to a common cold such as a runny or stuffy nose and bouts of sneezing. Additional allergy symptoms include postnasal drip as well as itchy and watery eyes. These symptoms can linger for the entire allergy season.

**Q: Are there any ways to take vitamins without all those pills?**

**A:** If you or your loved one has a hard time swallowing tablets there are other alternatives to help ensure you are getting your daily dose of recommended vitamins. Vitamins come in a variety of forms including lollipops! Vitamin lollipops are a convenient way to get your necessary vitamins and they taste great too!

**Q: This cough is getting the better of me. Can I get some relief please?**

**A:** Look for products that are cough suppressants commonly labeled "dextromethorphan" or "DXM" or "DM". Dextromethorphan is taken orally and provides relief for symptoms of a cough. Make sure you follow the dose instructions on the label.

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\*Answers to questions regarding information about medications or health conditions are not for diagnostic or treatment purposes and are not conclusive as to the presence or absence of any health condition. Individuals are encouraged to consult their healthcare provider regarding their specific medical condition. Information provided by Walgreens does not constitute medical advice, diagnosis, or treatment.

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