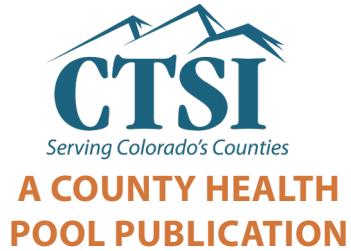


HEALTH AWARENESS

JANUARY 2023



THE COMMON COLD



Colds are common during the flu season, which generally runs from October through April. These viral illnesses can cause nasal congestion, runny nose, sneezing, sore throat, fever, and cough. While the fever may last 2 to 3 days, the cough and congestion can last from 5 to 10 days. Unfortunately, there is no cure for a cold.

BY THE NUMBERS

Every year, adults have an average of 2 to 3 colds while children have 6 to 10 colds. Many viruses can cause colds, but rhinoviruses (rhin meaning "nose") are most common. According to the Center for Disease Control (CDC), while the common cold is usually mild, lasting 1 to 2 weeks, it is a leading cause of doctor visits and missed days from work. Some estimate people in the U.S. suffer 1 billion colds over the course of a year. Beginning in late August or early September, the rate of colds increases slowly for a few weeks and remains high until March or April. This may relate

to school openings, during which time students are prompted to spend more time indoors and with each other. This increases the spread of the virus from children through their families.

COLDS CAN BE A GATEWAY

A cold virus can pave the way for other infections to invade the body, including sinus or ear infections and acute bronchitis. It can also exacerbate symptoms of those that have asthma, chronic bronchitis, or emphysema. A cold is an upper respiratory infection, thus temporarily weakening the immune system. This can lead to a whole new set of problems. Sometimes a cold can spread to the lungs and become a chest cold or develop into bronchitis. Of course, Covid-19 is also a factor when dealing with a cold. Both diseases attack the same areas of the body. It is recommended that when suffering symptoms of a cold, one should seek medical attention to ensure it is not Covid-19, Respiratory Syncytial Virus (RSV), or Influenza (the flu).

AVOID THE WORKPLACE

The CDC advises all employees to stay home if they are sick until at least 24 hours after the fever has passed (common temperature for a fever is 100 degrees Fahrenheit). A fever should be measured while the body is not affected by fever reducing drugs. The workplace puts employees within close proximity of each other, which can cause the spread of the cold. That being said, individuals with the flu may not have a fever. However, they should stay home from work at least 4 to 5 days after the onset of symptoms. The CDC states people with the flu are most contagious during the first 3 days of their illness. An employee who is well that lives with a sick household member may go to work, but it is important that they consistently monitor themselves for sickness.

HOW TO PREVENT A COLD

Much of what has been learned in preventing the spread of Covid-19 can be applied to preventing the spread of the common cold or other airborne illnesses that can also be spread on surfaces. Prevention includes:

1. Avoid close contact with others, especially those who are sick
2. Stay home if you suspect a cold
3. Cover your mouth and nose when sneezing
4. Wash hands or use hand sanitizer when possible
5. Avoid touching your eyes, nose or mouth
6. Clean frequently used surfaces like doorknobs and tables
7. Wear a mask in public when prompted
8. Take vitamin supplements or herbal remedies

THERE IS NO CURE

There is no cure for the common cold; the best way to fight it is to take the necessary steps to prevent its spread. However, over-the-counter medications can reduce your symptoms to keep one more comfortable until they recover. It is recommended to speak with a doctor before taking medication. Common medication used to ease discomfort during a cold

BENEFITS CORNER



A NEW YEAR MEANS NEW DEDUCTIBLES

A new year means insurance deductibles reset. All deductibles and out-of-pocket maximums for medical, prescriptions, dental, and vision start new effective January 1, 2023. Members on PPO plans have a separate deductible for prescriptions: \$50 for PPO Plan A and \$75 for all other PPO Plans. A Summary of Benefits for 2023 is available at www.ctsi.org.

NEW ID CARDS

Due to a software issue, there is a slight delay in mailing new ID Cards for 2023 changes; cards will be mailed as quickly as possible. ID cards are also available electronically at anthem.com or via the Sydney Health mobile app.

As always, CHP staff is here to assist you with your health, dental, vision, and life insurance coverages. You can reach us at (303) 861-0507.

includes pain relievers (Acetaminophen and Ibuprofen) to mitigate headaches and fevers, decongestants to reduce stuffiness, antihistamines to stop sneezing, cough suppressants to reduce coughing and expectorants to loosen mucus.

To learn more about staying home when sick [click here](#) for information from the CDC, or [click here](#) for an overview of the common cold from WebMD.

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