



## Allergies vs. Cold

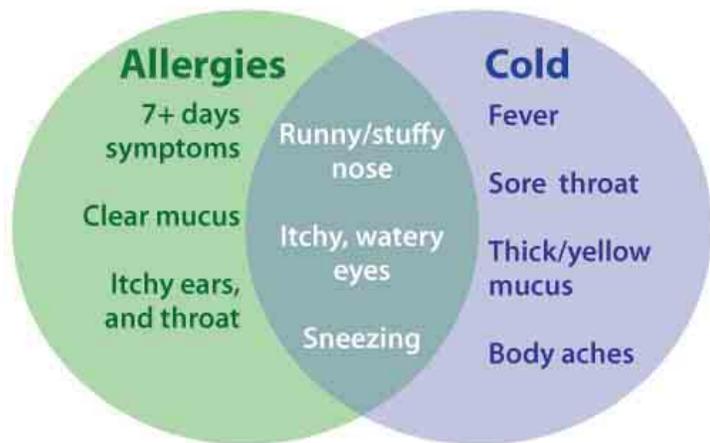
*What is making me feel so sick?*

Dr. Duchu Wu, *Internist*

If you wake up with a cough, fever, sore throat and a runny nose, and you just do not want to get out of bed, you may have a cold. In the springtime, it could also be allergies. It is hard to know the difference between cold and allergies, because the symptoms are so similar. Understanding whether you have a cold or allergies will help you to both relieve your symptoms, and to prevent feeling sick in the future.

A cold is caused by a virus that gets into your body. When you have a cold, you will often experience coughing, sneezing, sore throat, runny or stuffy nose, achiness and fatigue. You may experience itchy, watery eyes and sometimes a fever. A cold is very contagious, and can be spread as easy as touching a door knob or button on an elevator. To prevent a cold, wash your hands often, avoid touching your face with your hands and use hand sanitizer. If you see someone has a cold, try to keep your distance. If you have a cold, use tissues for sneezing and wiping away mucus.

There is no cure for a cold, but it should only last for no more than a week. The best way to help your body recover from a cold is to drink lots of fluids and to get plenty of rest. If you are feeling achy or have a fever, try over-the-counter medicine, such as acetaminophen (Tylenol).



If you are feeling cold symptoms for more than seven days, you may be experiencing allergies. Allergies are a reaction to a substance your body mistakes as being harmful to your body, such as animal dander, dust or mold. Your body tries to protect your body in the same way it does when a cold virus attacks, which is why you experience similar symptoms. You should not experience body aches or fever when you have allergies.

If you think you may have allergies, the best way to prevent symptoms is to stay away from allergens—which are substances that trigger you feeling sick. Stay indoors if you are allergic to pollen, and avoid animals if you are allergic to their dander. If you are allergic to mold or dust, make sure to clean your home often.

Like a cold, there is no cure for allergies. There are over-the-counter medications that will help relieve your symptoms. An antihistamine, like loratadine (Claritin) or cetirizine (Zyrtec) will relieve itching, sneezing and runny nose. There are some medications that combine both an antihistamine and decongestant for a stuffy nose (Claritin-D, Zyrtec-D, Dimetapp). If these are not enough, seek help from your doctor. Your doctor can prescribe stronger medication such as special nasal sprays to decrease your body's reactions and eye drops for itching.

General Info Line  
(212) 226-8339

Website  
[www.cbwchc.org](http://www.cbwchc.org)

268 Canal Street  
New York, NY 10013

Internal Medicine  
(212) 379-6998

Women's Health  
(212) 966-0228

125 Walker Street, 2/F  
New York, NY 10013

Pediatrics & Adolescent Health  
(212) 226-3888

Teen Resource Center (TRC)  
(212) 226-2044

Dental  
(212) 226-9339

136-26 37th Avenue  
Flushing, NY 11354

Internal Medicine  
(718) 886-1200

OB/GYN  
(718) 886-1287

Pediatrics  
(718) 886-1222

Health Education Department  
(212) 966-0461

Social Work Department  
Manhattan

(212) 226-1661

Flushing  
(718) 886-1212

Join us! Your generosity can help us provide quality health services to our community. To support us, send a check to Chinatown Health Clinic Foundation, 268 Canal Street, New York, NY 10013 or visit [www.chinatownhealth.org](http://www.chinatownhealth.org). Donations are deductible to the extent allowed by law.

**STAY HEALTHY.  
GET A CHECK UP.  
MAKE AN  
APPOINTMENT!**

## Take Medications as Prescribed

Whether you need to take medication for a chronic health condition or to recover from a brief illness—it is important to follow the prescription that your doctor gave you. Taking your medications properly is important to maintaining good health. If you do not take your medication as directed, your health condition may not be treated properly and you may experience more side effects than benefits.

There are many reasons why you may have stopped taking your medicine. The following maybe some of the reasons why. We have included some recommendations to help you take your medication correctly and keep you healthy.

### ***I feel fine! I don't need this medicine anymore.***

There are many health conditions that may not give you any symptoms, such as high blood pressure. If left untreated, uncontrolled high blood pressure may increase your risk for a stroke or heart disease. It is important to continue taking your high blood pressure medicine to keep your blood pressure controlled as well as to keep you healthy, longer.

### ***This medicine is making me feel sick.***

All medications have benefits, but may also have side effects. Two different patients can have different experiences with the same medicine. If you feel a side effect from your medication, it is important to contact your doctor right away so that your medication can be adjusted or changed.

### ***This medicine is not working.***

Depending on the health condition, some medications take time before they start to make you feel better. It is important to discuss with your doctor about the treatment goal for you and your health condition.

### ***I keep forgetting to take it!***

Write down what medicine you need to take and how to take them. Set aside a certain time during the day that is most convenient for you to take your medicine. This will help you remember it better. You may also use a pillbox to organize your medications. Another idea is to set an alarm on your phone as a reminder.

### ***I can't afford this medication.***

Discuss with your doctor if you can take the lower-cost generic medication. Also ask if you may qualify for patient assistance program from drug companies.

### ***I prefer an herbal remedy.***

At times, herbal medicine may be harmful because they are not regulated by government agencies and are not clinically approved to treat illnesses. The biggest concern is that they may have dangerous interactions with other prescribed medications you are taking. It is important to inform your doctor if you are taking any herbal or over the counter medications to assess this risk.

Make sure to discuss any concerns or side effects you may be experiencing from your medications with your doctor. Your health care provider is your partner in keeping you well and healthy.



## Why Do We Need Vaccines?

There are many vaccines that your child should have from birth into childhood. They will protect your child from life-threatening diseases. Some parents decide not to vaccinate their child. They may fear that vaccines are unsafe, or they do not think vaccines are important anymore in this day of advanced healthcare. Immunizations may not only save the life of your child, but of other loved ones around you. Here are some reasons to vaccinate your child:

**Immunizations save lives.** There are diseases that have killed thousands of children that are now preventable because of immunizations. Feared diseases like the measles and polio were taking the lives of many children in the United States before vaccines were created for them. Today, both diseases are very rare.

**Immunizations protect others.** Vaccinating your child will prevent them from spreading these diseases to others. It especially protects babies too young to be vaccinated or the elderly who are at-risk for infectious diseases.

**Immunizations can save you time and money.** Having a child with an illness can cost you a lot of money in medical bills. It can also cost you time by taking you away from work. Vaccines are covered by insurance. If you are uninsured, there are programs available to get no or low-cost vaccines for your child.

**Vaccines are safe.** Many parents fear that getting their children vaccinated will actually make them sick. Before a vaccine can be given, it has to be tested and reviewed by scientists and doctors, and the government (FDA) has to approve the vaccine. While a vaccine may cause pain to your child while it is given, it will not be as painful as the diseases you will be preventing.

*Information for this article was taken from the Centers for Disease Control and Prevention.*

	 Birth - 1 month	 2 months	 4 months	 6 months	 12 months	 15 months	 18 months	 2-3 years	 4-6 years
<b>HepB</b>	✓	✓		✓					
<b>RV</b>		✓	✓	✓					
<b>DTaP</b>		✓	✓	✓		✓			✓
<b>Hib</b>		✓	✓	✓		✓			
<b>PCV</b>		✓	✓	✓		✓			
<b>IPV</b>		✓	✓	✓		✓			✓
<b>Influenza (Yearly)</b>				✓	✓			✓	✓
<b>MMR</b>					✓				✓
<b>Varicella</b>					✓				✓
<b>HepA</b>					✓		✓		

*For more information, please see your pediatrician*

## Patient Corner

“ This is a long overdue letter being sent to you to compliment your entire staff from the employees who answer the telephones, those who do the lab work, etc., and very especially Dr. Christine Cheng. I was initially so impressed with getting a personal telephone call from Dr. Cheng, I felt compelled to jot a quick handwritten note letting her know how appreciative I was with her and the office staff. Dr. Cheng is a dream come true, she is diligent, conscientious and a pleasure to see.

Through these past few years not only has [my family] had great Charles B. Wang Community Health Center experiences, but I have recommended your facility to many people. Whatever your management style is, it should be complimented because your entire staff is indeed a credit to the ideals of good health care and treating the consumer like they matter.

Thank you. ”