



It Is Not Just Cold and Flu Season Anymore

It is not just cold and flu season but rather cold, flu, COVID-19 and RSV season!

The Centers for Disease Control and Prevention (CDC) warn that it is not uncommon for people to become ill, especially during the fall and winter months from highly infectious respiratory viruses such as COVID-19, influenza/flu, rhinovirus/common cold and respiratory syncytial virus/RSV.¹

| VIRUS | LEVEL OF INFECTIVITY | TIME FROM EXPOSURE TO INFECTION | SYMPTOMS |
|---|--|---------------------------------|---|
|  COMMON COLD <i>Rhinovirus</i> | Less contagious Symptomatic individuals shed the virus during the first 2 to 3 days of infection. | 2 to 3 days | Cough Low-grade fever Sneezing Sore throat Stuffy nose |
|  SEASONAL INFLUENZA <i>Influenza virus (A and B)</i> | Contagious Viral shedding occurs 24 hours before symptoms appear, peaking around day 3 of illness. | 1 to 4 days | Body aches Chills Cough Fatigue Fever Headache Sore throat Stuffy nose |
|  COVID-19 <i>Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)</i> | More contagious Viral shedding occurs 2 to 3 days before symptoms appear, peaking around day 3 of illness. However, there can be viral shedding without ever developing symptoms. | 2 to 14 days | Body aches Chills Cough Diarrhea Fatigue Fever Headache Loss of smell/taste Nausea/vomiting Shortness of breath Stuffy/runny nose |
|  RSV <i>Respiratory syncytial virus</i> | Very contagious Symptoms can last 7 to 10 days, but some kids can develop a cough that takes up to six weeks to clear | 4 to 6 days | Cough Runny nose Sneezing Fever Wheezing |

The challenge is to be able to distinguish the difference between the flu, common cold, respiratory syncytial virus (RSV) and COVID-19. This can be somewhat difficult since they have similar signs and symptoms.

Knowing which of these viruses has infected a person can facilitate treatment and recovery when you need it most! It is important to know what you may be dealing with.

The chart from Childrens Hospital Los Angeles has been adapted here to help distinguish the differences among these four viral infections.²

It is important to know what you may be dealing with.

Transmission of Cold, Flu, COVID-19 and RSV Viruses

Viruses can be spread from person-to-person when an infected person coughs, sneezes or talks transmitting the virus into the air in the form of an infectious aerosol or large droplets loaded with germs which then enter the body through the nose or mouth. However, direct contact with infectious secretions through touching contaminated environmental surfaces such as telephones, doorknobs, handrails, tabletops and clothing (i.e., fomites/passive vectors – inanimate objects or substances capable of carrying and transmitting infectious microbes from one person to another) and then putting your hands to your nose or mouth will transmit a cold or flu virus. The risk of getting infected with a virus increases when people find themselves in highly populated areas, such as in crowded living conditions and schools.^{3,4}



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Hygienic Practices to Protect Yourself from Respiratory Viral Infections

- Wash your hands thoroughly with soap for at least 20 seconds and then rinse with running water.
- Avoid touching your face with your hands because you can become infected if you touch your mouth or nose with your hands after touching a surface or object that has been contaminated with a virus.
- Avoid drinking out of the same cups or bottles others have used.
- If possible, avoid close contact with others who have been infected.⁵

If by chance you become infected with a virus and are ill, do the following things to help protect others from becoming infected and, thereby help prevent the virus from spreading:

- Cover your nose and mouth using a tissue when coughing or sneezing.
- Dispose of used tissues right away and do not leave them lying around.
- Use disposable paper tissues when coughing, sneezing or blowing your nose.
- Wash your hands thoroughly after blowing your nose.
- Avoid shaking hands, hugging or kissing other people.⁵

STRAUSS NATURALS IMMUNE SUPPORT PRODUCTS

In addition to practicing good hygienic habits, taking Strauss Naturals Immune Support Drops, Travel Bug, Cold Storm and Smooth Oregano Drops either individually or in combination can go a long way in supporting a healthy immune system. Your immune system is the sentinel of your body helping to protect you from invading pathogenic microorganisms such as viruses and other pathogens.

Strauss Immune Support Drops™ support a healthy immune system.

- Easy to take, liquid drops in an ideal travel size.
- Refreshing Spearmint flavor
- Medicinal Ingredients (per ml):
 - Myrrh (Commiphora myrrha, gum) 527.7 mg (52.7 mg/mL)
 - Goldenseal (Hydrastis canadensis, root and rhizome) 263.9 mg (26.39 mg/mL)
 - Cayenne (Capsicum annuum, fruit) 4.4 mg (.44 mg/mL)
 - Vitamin C (ascorbic acid) 3mg
- Indication: Helps (to) maintain/support immune function.
- Recommended Dosage: Adults: 19 years and older: 1mL, 3 times per day.





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Travel Bug™ Drops support a healthy immune system and stomach function.



- For ages 6 and older
- May help relieve occasional stomach upset, nausea, and motion sickness.
- Great for road trips to the cottage or camping, fishing trips, air travel, or setting sail. Easy to take, liquid drops in an ideal travel size.
- Medicinal Ingredients (per ml):
 - Allium sativum (garlic bulb fresh) 270mg
 - Zingiber officinale (fresh ginger root) 270 mg
 - Zingiber officinale (dried ginger root) 10.45 mg

Cold Storm® Drops help support a healthy respiratory system.

- Easy to take liquid drops for the whole family in a refreshing cherry mint flavor.
- Medicinal Ingredients (per ml): Garlic bulb fresh (Allium sativum) 660 mg
- Indication: to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions.
- Dosage: Adults, Nursing Moms and Adolescents 2-3mL, up to 3 times daily Children 2-9 years, 1mL up to 3 times daily . It can be taken directly using the dropper included in the bottle, or it can be diluted in juice, yogurt or honey - especially useful for younger children or adolescents who may have more sensitive palates.



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