



Staying Ahead Of Cold and Flu Season

SANTA MONICA, CA, UNITED STATES, October 4, 2024 /EINPresswire.com/ -- Staying prepared for this cold and flu season is essential for maintaining good health. As the season nears, it's crucial to focus on preventing, treating, and managing these common respiratory illnesses, along with others like COVID-19 and Respiratory Syncytial Virus (RSV).

“In recent years, we have seen a spike in Covid-19 and RSV during the cold and flu season.” Says Executive Medical Director of GoodRx, Doctor Preeti Parikh and continues. “That means the most important thing people should do is get vaccinated with the flu shot and covid shot, and if eligible, the RSV immunization by the end of October. And the flu and covid shots can be done at the same time. RSV should be spaced out.”

Standard disease prevention is also important. Remember to wash your hands, avoid touching your face, cover your mouth and nose when sneezing and coughing, and stay home if you don't feel well.

However, if you do become sick, GoodRx can help you save on treatments, including antibiotics that can treat your infection, cold medications to help with symptoms, and antivirals, which can shorten the duration or alleviate the symptoms of your illness.

For more information, please visit <https://www.goodrx.com/flusavings>.

GoodRx

GoodRx

[email us here](#)

Visit us on social media:

[Instagram](#)

[X](#)

[Facebook](#)

[TikTok](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/749084230>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

