

It is that time of year. Did you know that 1 billion people are affected annually in the United States by the common cold? That makes it a top five diagnoses in the United States. Colds are a leading cause of school and work absenteeism, but we have medications that can help. If you have been to the cough and cold section of your local pharmacy it can be overwhelming. Did you know that your pharmacist is specifically trained to help you decide on a safe and effective treatment.? So the next time a cold has you feeling down, stop in to your local pharmacy and ask for help!

1. Berardi et al. Nonprescription drug handbook: an interactive approach to self care. 16<sup>th</sup> edition, 2009.