

# Unstable weather can cause health issues

Kristina Zverjako, WVEC 4:25 PM. EST October 28, 2016

Unsure if your sniffles and sore throat are allergy, cold, or flu related?			
Symptom	Cold	Allergy	Flu
Fever	Rarely	Rarely	Usually
Chills	Rarely	Rarely	Usually
Cough	Often – Productive	Sometimes	Often – Nonproductive
Body Aches	Sometimes – Slight	Rarely	Usually – Often Severe
Eye Irritation	Sometimes – Watery	Often	Rarely
Headache	Sometimes	Sometimes	Usually
Stuffy / Runny Nose	Usually	Often – Usually Clear Mucus	Often – Usually Clear Mucus
Fatigue / Weakness	Sometimes	Sometimes	Usually – Moderate to Severe
Sore throat	Often	Sometimes	Often
Sneezing	Often	Often	Rarely
Chest Discomfort	Sometimes – Mild to Moderate	Rarely	Sometimes – Often Mild

Patient First

CONNECT TWEET LINKEDIN GOOGLE+ PINTEREST

Ever wonder if the weather roller coaster that Mother Nature has taken us on recently can cause health issues? Doctors say it's possible.

Dr. Rebecca Franz-Osborne, the medical director of the Battlefield Boulevard Patient First Urgent Care Center, says right now people have the threat of the common cold, seasonal allergies and the flu, working against them.

"I think what tends to happen is that it gets cold outside, people bundle up, and they stay inside and they stay in closer quarters and they share germs a lot easier," said Dr. Osborne.

Dr. Osborne also says the warmer temperatures are making more plans bloom, adding to the seasonal allergy problem for many.

Dr. Osborne says best way you can keep healthy right now is to continuously wash your hands and nourish your immune system by keeping a healthy diet. She also advises you get a flu shot, as the flu season is fast approaching.