



August Wellness Newsletter

National Health Observance National Immunization Awareness Month

August's Health Observance is National Immunization Awareness Month. Check out the following UnitedHealthcare educational resources:

- [What's a vaccine?](#)
- [Child immunizations](#)
- [Flu shots: frequently asked questions](#)
- [Cold vs. flu](#)

Understanding the difference between cold vs. flu

Tips to help you know if it's a cold or the flu

The common cold and the flu are both upper respiratory infections. However, they are caused by different viruses and the symptoms may be more severe with the flu virus versus a cold.

Keep in mind that symptoms alone may not be enough to tell the difference between the two.

- A common cold can be caused by more than 200 viruses (rhinovirus is the most common)
- The seasonal flu is caused by the influenza A or B virus. This is why there is a vaccine available for the flu and not for colds.



Health Tip Flier of the Month Understanding Colds and Flu

Learning about common health topics is one way to help support your health and wellness.

Check out this month's Health Tip Flier on Understanding colds and flu.

[English](#) | [Spanish](#)





United at Work Presentation of the Month


Understanding Colds and Flu

Click [here](#) for the Understanding Colds & Flu education presentation which includes an overview of the common cold and flu symptoms and explores the differences between these two illnesses.

Preventive measures, flu vaccination facts, and myths and treatment options are also discussed. You can also find the Understanding Colds & Flu presentation, [now available in Spanish](#).


 **Understanding Colds and Flu**

 Colds & Flu Quiz

 Colds & Flu Quiz Answers

Next Month's Preview...

 **Health Observance**
National Childhood Obesity Awareness Month
Healthy Aging

 **Health Tip Flier of the Month**
Everyday Nutrition

 **United at Work Presentation**
Childhood Obesity



 [Click here](#) for the entire United at Work catalog.