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# Fort Bend County Podcasts

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## Podcast Episode 69 – Beat the Bug

September 10, 2026

**\*\*Disclaimer\*\***-Please note, anything that is said in the podcast does not supersede actual plan or program languages, and anyone wishing for specific information in regard to coverage should go directly to the plan documents found under risk management on eConnect.

**Destanie:** Hello, listeners, and welcome to this week's Benefit Detective Podcast. I'm your host, Destanie, and joining me is my cohost, Miss Pat.

**Patricia:** Welcome back, everyone. Now I don't mean to put you on the spot, but do you know the difference between a cold and the flu?

**Destanie:** Oh, that's a toughie. I'd like to say yes, but, honestly, it's a bit of a head scratcher sometimes.

**Patricia:** Well, let's see how well you know the difference. I'll give you the symptom, and you tell me if it's a cold or if it's the flu. And to those listening, follow along and see if you guess right. Fever, cold or flu?

**Destanie:** Flu.

**Patricia:** Correct again. Fever is very common with the flu and can last three to four days. Fever is rare in common colds. Fatigue, weakness. Is it cold or flu?

**Destanie:** Oh, this is tricky. Maybe both?

**Patricia:** Correct. If it's the flu, it is not unusual to feel fatigue and weak. Whereas with the cold, you can still feel that way at times.

**Destanie:** That's crazy. But the smartest safety net, roll up your sleeve and get that flu shot.

**Patricia:** That's right. Some people are at higher risk of developing serious flu related complications if they get sick. This includes people sixty-five and older, people of any age with certain chronic medical conditions, such as asthma, diabetes, or heart disease, pregnant women, and children younger than five years, but especially those younger than two years old.

**Destanie:** So, you're not just your own hero. You're like a shield for everyone around you, especially your nearest and dearest. Influenza, or the flu, and the common cold are both contagious respiratory illnesses, but they are caused by different viruses. Flu can cause mild to severe illness and, at times, can lead to death. Flu symptoms usually come on suddenly. People who have the flu often feel some or all of these signs and symptoms. Fever or feeling feverish,



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chills, cough, sore throat, runny nose or stuffy nose, muscle or body aches, headaches, fatigue -- you're just feeling tired.

**Patricia:** It's important to note that not everyone with the flu will have a fever, so avoid close contact with people who are sick. If you are sick, limit contact with others as much as possible to keep from infecting them. For the flu, CDC recommends that people stay home for at least twenty-four hours until both are true, your symptoms are getting better overall, and you have not had fever and are not using fever reducing medication.

**Destanie:** Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it and wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Avoid touching your eyes, nose, and mouth. Germs spread this way.

**Patricia:** Keep all this information in mind while watching your emails closely to see when the flu shots will be given here at Fort Bend County.

**Destanie:** Yes. The flu shots are free to all Fort Bend County employees, so stay tuned.

**Patricia:** Thank you, Destanie, for allowing me to share this information with you and all the listeners out there. For information on the flu or flu vaccines, please visit [cdc.gov](http://cdc.gov). All information from this week's podcast can be found on the CDC website.

**Destanie:** That's a wrap for this week's Benefit Detective podcast. I'm Destanie.

**Patricia:** And I'm Pat. Stay tuned for the next podcast.

**Destanie:** And remember, the Benefit Detectives are here to help.