

# IS IT A COLD OR THE FLU?

Knowing the difference between a cold and the flu can speed up recovery:

## SYMPTOMS

## .....OF A COLD

## .....OF THE FLU

Fever	Rare	Usually present. Higher than 100°F is associated with the flu
Chills	Mild	Moderate to severe
Headache	Uncommon	Common
Body Aches, Pain	Slight	Usual; often severe
Fatigue, Weakness	Fairly mild	Moderate to severe
Runny/Stuffy nose	Common	Sometimes
Sneezing	Yes	No
Sore Throat	Common	Not Common
Chest Discomfort	Mild to Moderate	Often Severe
Cough	Hacking, Productive (Mucus producing)	Non-productive (non-mucus producing)
Treatment	Antihistamines, Decongestants, Pain relievers	Antiviral medications- See your doctor
Prevention	Wash your hands often with soap and water/Germ-X; Avoid close contact with anyone with a cold	Wash your hands often with soap and water/Germ-X; Annual vaccination; Antiviral medications-see your doctor
Complications	Sinus infection, Ear infection, Asthma, Bronchitis	Sinus infections, Bronchitis, Pneumonia; Can worsen chronic conditions; Can be life-threatening. Complications more likely in the elderly, those with chronic conditions, young children and pregnant women

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