

Cold or Flu

| Symptoms: | Cold | Flu |
|-------------------------|---|---|
| Fever | Rare | Usual; high (100°F to 102°F, occasionally higher, especially in young children); lasts 3 to 4 days |
| Headache | Rare | Common |
| General Aches, Pains | Slight | Usual; often severe |
| Fatigue, Weakness | Sometimes | Usual; can last up to 2 to 3 weeks |
| Extreme Exhaustion | Never | Usual; at the beginning of the illness |
| Stuffy Nose | Common | Sometimes |
| Sneezing | Usual | Sometimes |
| Sore Throat | Common | Sometimes |
| Chest Discomfort, Cough | Mild to moderate; hacking cough | Common; can become severe |
| Treatments: | Antihistamines Decongestants Nonsteroidal anti-inflammatory medicines | Antiviral medicines — see your healthcare provider |
| Prevention: | Wash your hands often with soap and water Avoid close contact with anyone who has a cold | Annual vaccination Antiviral medicines — see your healthcare provider |
| Complications: | Sinus infection Middle ear infection Asthma | 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. |

Comparison Chart

| FLU | CHARACTERISTIC | COMMON COLD |
|-------------------------------|---------------------|-------------------------------|
| SEVERE | ONSET OF SYMPTOMS | GRADUAL |
| OCCASIONAL | SNEEZING | COMMON |
| EARLY | SORE THROAT & COUGH | MILD COURSE, PEAKING DAY 2-3 |
| OFTEN SEVERE | MUSCLE ACHES | SLIGHT |
| SEVERE | MALAISE, FATIGUE | USUALLY MILD |
| SUBSTITENTAL FEVERING, COMMON | CHEST SYMPTOMS | MILD, IF ANY |
| 6-7 DAYS | DURATION | 3-4 DAYS |
| HIGH (102°-104°) | FEVER | NONE OR MILD (LESS THAN 100°) |

Cold & Flu Prevention Steps

Important steps to protecting you and your family from the spread of cold or flu germs.

1. Avoid touching your eyes, nose or mouth. Germs spread this way.
2. Cover your nose and mouth with a tissue when you cough or sneeze.
3. Cough or sneeze into your sleeve if you don't have a tissue.
4. Throw the tissue in the trash after you use it.
5. Wash your hands often with soap and water, especially after you cough or sneeze. Hand sanitizers are also effective.
6. Disinfect frequently touched surfaces.
7. Avoid contact with sick people.
8. If you get sick, stay home from work or school except to seek medical care and limit contact with others.