

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
SUBSISTENT 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.