
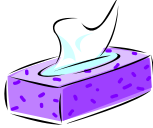





Is it a Cold or Influenza?

Similarities and Differences between the common cold and the flu

Symptoms	Cold	Influenza or “flu”
Fever of 100°F or more	Not common	Common – often > 101°F
Headache	Rare	Prominent
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Mild	Prominent - Can last up to 2-3 weeks
Cough	Mild to moderate	Can be sever
Vomiting, diarrhea	Rare	Not usually a prominent feature
Stuffy Nose	Common	Sometimes
Sore Throat	Common	Sometimes
Complications	Sinus congestion or earache	Bronchitis; pneumonia; can be life-threatening
		
Prevention	Hand Washing, cover coughs and sneezes, good nutrition, rest, no smoking.	Flu Shot each year; Hand washing, cover coughs and sneezes, good nutrition, rest, no smoking or 2 nd hand smoke.
Treatment	Self-care, rest, fluids, medications provide only temporary relief of symptoms	Self-care, rest, fluids, acetaminophen or ibuprofen for fever and aches; antiviral medicines only for severe illness or medical complication risks
Fatalities	Not reported	Well recognized