

Is it a cold or the flu?



Cold

The common cold is an upper respiratory infection and can be caused by many different types of viruses. The common cold is a contagious infection which lasts seven to fourteen days.

Fever	Rare in adults and older children, but can be as high as 102°F in infants and small children.
Headache	Rare
Muscle aches	Mild
Tiredness/weakness	Mild
Extreme exhaustion	Never
Runny nose	Often
Sneezing	Often
Sore throat	Often
Cough	Mild, hacking cough

Flu

Influenza, also known as the flu, is a highly contagious viral infection. The flu affects the lungs and sinuses. A person with influenza can be contagious for about a week after symptoms appear.

Fever	Usually 102°F, but can rise to 104°F and usually lasts 3 to 4 days.
Headache	Sudden onset, can be severe
Muscle aches	Usual, often severe
Tiredness/weakness	Can last 2 or more weeks
Extreme exhaustion	Sudden onset, can be severe
Runny nose	Sometimes
Sneezing	Sometimes
Sore throat	Sometimes
Cough	Usual, can become severe

Tips for preventing Colds & Flu

For more information, visit www.flu.gov or www.cdc.gov

- Wash your hands frequently with soap and warm water, or use an alcohol-based hand sanitizer.
- Cover your nose and mouth with a tissue when you sneeze or cough.
- Use a tissue to wipe or blow your nose and quickly throw away used tissues.
- Stay at home to avoid spreading germs when you have a cough or fever.
- Follow your doctor's instructions, including taking medicine as prescribed and getting lots of rest.
- Wear a mask in a medical office, if asked.
- Get a flu vaccine.