

IS IT A COLD OR THE FLU?

Remember, the most important thing you can do to prevent illness is wash your hands. By frequently washing your hands, you was away germs.

SYMPTOMS	COLD	FLU
Fever	Rare	Characteristic; high (102-104 degrees)
Headache	Rare	Prominent
General Aches	Slight	Usual; often severe
Fatigue	Quite mild	Can last up to 2-3 weeks
Exhaustion	Never	Early and prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort / Cough	Mild to moderate	Common; can be severe
COMPLICATIONS	Sinus	Bronchitis, pneumonia
PREVENTION	None	Annual vaccination; antiviral medicines; see your Doctor
TREATMENT	Only temporary relief of symptoms	Antiviral medicines; see your Doctor