



## Key Differences Between a Cold and the Seasonal Flu

<u>Cold</u>	<u>Seasonal Flu</u>
<u>Symptoms</u>	
Low-grade or no fever	High fever, over 100 degrees
Sneezing	Headache
Sore throat	Severe general aches and pains
Stuffy, runny nose	Fatigue and weakness that can last for up to 3 weeks
Hacking Cough	Chest discomfort
Lasts two-five days	Lasts five-ten days
<u>Complications</u>	
Sinus congestion	Bronchitis
Ear infection	Pneumonia
Asthma	Bacterial infections
<u>Treatment</u>	
There is no cure for the common cold; it usually goes away even without medicine.	Aspirin or ibuprofen
Over the counter treatments can help with symptoms. Ask your pharmacist for suggestions.	There are prescription antiviral medications that can lessen the symptoms of the flu. See your doctor quickly to see if you could benefit from the medications.
<u>Prevention</u>	
Wash Hands often	Annual vaccination
Avoid close contact with anyone with a cold.	Wash hands and avoid contact with anyone with the flu.



HEALTHY COMMUNITIES

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