



Is it a **cold**, or is it the **flu**?

Do you know the difference?

COLD - A viral infection of the nose and throat. Symptoms: coughing and sore throat.

INFLUENZA - A more severe viral infection. Symptoms: sudden onset of fever, cough, chills, and aches and pains throughout the body.

SYMPTOMS	COLD	SEASONAL INFLUENZA	H1N1 INFLUENZA
Tiredness/Weakness	Very Mild	Can last 2 to 3 weeks	Can last 2 to 3 weeks
Fever	Rare	Can be high; more than 101°F, and last 3-4 days	Can be high; more than 101°F, and last 3-4 days
Chest Discomfort	Mild to moderate	Common	Common
Stuffy Nose	Common	Sometimes	Sometimes
Aches and Pains	Slight	Usual, often severe	Usual, often severe
Headache	Rare	Prominent	Prominent
Sneezing	Usual	Sometimes	Sometimes
Extreme Exhaustion	Never	Early and prominent	Early and prominent
Sore Throat	Common	Sometimes	Sometimes
Cough	Hacking, can become severe	Non-productive	Non-productive
Diarrhea	Rare	Rare	Common
Nausea/vomiting	Rare	Rare	Common

PREVENT a cold or flu:

Prevention is the best medicine against catching or spreading a cold or flu.

- **Get a flu shot.**
- Wash hands often with soap and warm water.
- Cover your cough or sneeze. Use a tissue, then throw it away and wash your hands.
- Don't touch your eyes, nose, or mouth with unclean hands.
- Stay away from sick people or crowded living and sleeping spaces, if possible.

TREAT a cold or flu:

- Antibiotics only work on bacterial infections, not the "common cold" or influenza.
- The "common cold" is a virus and has no cure. Some treatments only deal with specific symptoms, not the total problem.
- Vaccines are used to prevent flu. Anti-virals are used to treat influenza.
- **If you're sick, STAY HOME. Call your healthcare provider before going to the office or clinic.**



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