

DIFFERENCES BETWEEN COLD, SEASONAL FLU

<u>SYMPTOM</u>	<u>COLD</u>	<u>SEASONAL FLU</u>
FEVER	Fever is rare with a cold.	Fever is common with the seasonal flu.
COUGHING	A hacking, productive (mucus-producing) cough is often present with a cold.	A dry and hacking cough is often present with the seasonal flu.
ACHES	Slight body aches and pains can be part of a cold.	Moderate body aches are common with the seasonal flu.
STUFFY NOSE	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	A runny nose is commonly present with the seasonal flu.
CHILLS	Chills are uncommon with a cold.	Chills are mild to moderate with the seasonal flu.
TIREDNESS	Tiredness is fairly mild with a cold.	Tiredness is moderate and more likely referred to as a lack of energy with the seasonal flu.
SNEEZING	Sneezing is commonly present with a cold	Sneezing is common present with the seasonal flu.
SUDDEN SYMPTOMS	Cold symptoms tend to develop over a few days .	Symptoms tend to develop over a few days and include flushed face, loss of appetite, dizziness and/or vomiting/nausea. Symptoms usually last 4-7 days, depending on the individual. Diarrhea is common.
HEADACHE	A headache is fairly uncommon with a cold.	A headache is fairly common with the seasonal flu.
SORE THROAT	Sore throat is commonly present with a cold.	Sore throat is commonly present with the seasonal flu.
CHEST DISCOMFORT	Chest discomfort is mild to moderate with a cold.	Chest discomfort is moderate with the seasonal flu. <i>If it turns severe seek medical attention immediately!</i>

PREVENTION TIPS:

- ✓ cough & sneeze into your elbow
- ✓ wash hands with soap and warm water for a minimum of 15 -20 seconds. Sing your abc's or happy birthday to you
- ✓ use hand sanitizer when soap & water are not available
- ✓ avoid touching eyes, nose or mouth without washing or using hand sanitizer first