

COLD OR FLU!



How to Spot the Difference

Common Cold:

- Symptoms typically come on gradually.
- Common symptoms include nasal congestion, sneezing, and runny nose. Can also include cough, mild headache, and minor body aches.
- Symptoms tend to last a week.
- Over-the-counter medications are generally effective.

Seasonal Flu:

- Symptoms usually come on suddenly and are more severe than a cold.
- Common symptoms include high-grade fever, headache, body aches, and fatigue. Can also include dry cough, sore throat, and runny or stuffy nose.
- Symptoms typically improve within two to five days but can last a week or more.
- Prescription anti-viral drugs can help decrease the severity and length of symptoms; call a doctor if you think your symptoms are worsening or if you have a condition such as asthma, diabetes, or are pregnant.

Brought to you by

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