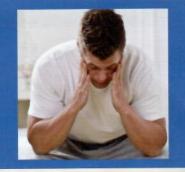


COLD vs. FLU KNOW THE DIFFERENCE

Cold and flu season is here. Are you coming down with a cold?

Or is it the flu?



Cold

Both

Sudden onset

Influenza

Gradual onset

Sneezing

Fever

Stuffy nose

Coughing

Headache

Runny nose

Sore throat

Chills

Less severe

Weakness

Body aches

Short duration

- **Treatment**
- Antihistamines
- Decongestants
- Nonsteroidal anti-inflammatory medicines
- Antiviral medicines see your healthcare provider

- Prevention
- Wash your hands often with soap and water
- Avoid close contact with anyone who has a cold
- Annual vaccination
- Antiviral medicines see your healthcare provider

- **Complications**
- Sinus infection
- Middle ear infection
- Asthma

- Bronchitis, pneumonia
- Can worsen chronic conditions
- Can be life threatening, complications more likely in the elderly, those with chronic conditions, young children, and pregnant women.

