

cold vs. flu

SYMPTOMS

FEVER
ACHES
CHILLS
TIREDNESS
ONSET
COUGHING
SNEEZING
STUFFY NOSE
HEADACHE

COLD

RARE OCCURANCE
SLIGHT ACHES & PAINS
RARE
SLIGHT TO MODERATE
OVER A FEW DAYS
MUCUS-PRODUCING
COMMON
COMMON
COMMON

FLU

USUALLY PRESENT
SEVERE ACHES & PAINS
COMMON
MODERATE TO SEVERE
SUDDEN
DRY, NO MUCUS
NOT TYPICAL
NOT TYPICAL
COMMON

PREVENTION:

- + WASH YOUR HANDS
- + USE A TISSUE
- + SNEEZE AND COUGH INTO YOUR ELBOW
- + DRINK PLENTY OF FLUIDS
- + EXERCISE REGULARLY
- + EAT HEALTHY
- + GET FRESH AIR
- + GET APPROPRIATE AMOUNTS OF SLEEP
- + CUT ALCOHOL CONSUMPTION
- + DON'T SMOKE