

Is it a COLD or the FLU?

Symptoms	Cold	Flu
Fever	Rare	Common
Headache	Rare	Common
General Aches & Pains	Slight	Usual and often severe
Fatigue, Weakness	Sometimes	Usual, can last up to 3 weeks
Exhaustion	Never	Usual in the beginning
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Cough	Mild to Moderate; Hacking Cough	Common, can be severe
Vomiting and Diarrhea	Very Rare	Very Rare
Complications	Sinus Congestion Middle Ear Infection Asthma	Bronchitis Pneumonia Worsened chronic conditions
Cause	Rhinovirus, RSV, Adenovirus, and other respiratory pathogens	Influenza A and B
Treatment	Ibuprofen or Acetaminophen or Naproxen; Antihistamines Decongestants	Ibuprofen or Acetaminophen or Naproxen; Antivirals only as advised by physician
	*Warning! Do <u>not</u> give aspirin (acetylsalicylic acid) to children or teenagers who have the flu; this can cause a rare but serious illness called Reye's syndrome. *Children younger than 4 years of age should NOT be given over-the-counter cold medications without first speaking with a health care provider	
Prevention	Wash your hands often Cover your cough Stay home if ill	<u>Vaccination</u> Wash your hands often Cover your cough Stay home if ill
For more Information:	Michigan Department of Community Health www.michigan.gov/flu Centers for Disease Control and Prevention www.cdc.gov/flu	