

Flu VS. Cold

Anyone Can Get It



What Is It:

Flu: Common infection of the lungs and airways. It is spread by infected persons through coughing, sneezing, and talking. It is also spread through direct contact such as through unwashed hands.

Cold: A viral disease that infects the soft lining of the nose. It is spread by infected persons through coughing, sneezing, and through direct contact such as unwashed hands.

Treatment:

Flu: Ask your doctor for either over the counter or prescription medication. Be sure to drink lots of fluids and take in as much food as you can handle to help fight the illness. Make sure to get a lot of rest.

Cold: Antibiotics are not efficient since the illness is caused by a virus. You make take over the counter medication to keep the symptoms mild. Make sure to get a lot of sleep. Inhale steam to unclog your nose. Blow your nose often.

Recovery:

Recovery from both the flu and the cold occur usually within a week.

Prevention:

To prevent the flu and the cold, be sure to avoid anyone that is contagious. Be sure to get your annual flu shot.

Symptoms:

Flu:

- Headache
- Sore throat
- Muscle aches
- High Fever
- Decreased appetite
- Chills

Cold:

- Sore throat
- Sneezing
- Runny Nose
- Coughing
- Headache
- Mild Fever

Consult Doctor If:

- symptoms get worse and the flu or the cold does not go away after a week

