

Health Tips

Make Health Happen

COLD AND FLU

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Cold and flu – what's the difference?

Colds mostly infect the nose and throat. People with a cold may have a runny or stuffy nose, mild fever, body aches and dry cough.

The flu (short for influenza) is more serious and may make you feel bad all over. Many symptoms are the same, but people with the flu may have a higher fever, body aches and weakness. That can make it hard to tell a cold from the flu. The flu usually lasts between a few days and a week. Flu symptoms include:

- Chills and shaking
- High fever
- Headache
- Weakness
- Sore throat



A cold and the flu are both caused by viruses. That means antibiotics won't help cure them.

How do you catch the flu?

The flu is spread mainly from person-to-person through coughing or sneezing. The flu virus can be on things like doorknobs, telephones and faucets. You can catch the flu by touching them and then touching your eyes, mouth or nose. Holding hands with or kissing a person who has the virus is another way to become infected.

For some people, the flu can lead to more serious health problems like pneumonia. Adults over 50 and kids under 5 are more likely to develop health problems from the flu. Other people at risk include pregnant women and those with health conditions like asthma, diabetes and heart disease.

How can I avoid the flu?

The best thing you can do is get a flu shot each fall. Here are some more tips. Check the ones you're already doing:

- ☐ I wash my hands often.
- ☐ I limit close contact with others who are sick.
- ☐ I avoid touching my mouth, eyes or nose.
- ☐ I get plenty of sleep and exercise.
- ☐ I manage my stress.
- ☐ I eat healthy foods.
- ☐ I do not smoke.
- ☐ I drink plenty of water each day.



What is one you haven't checked that you can start doing this week? _____

Call your doctor...

- To see when you should get your flu shot.
- If you have flu-like symptoms last longer than one week.
- If you have a fever higher than 102° for more than two days. There may be medication your doctor could prescribe to help you.

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