

COLD



FLU

A cold and the flu (influenza) are two different illnesses. Make sure you know the difference.

Low or none	FEVER	High
Sometimes	HEADACHE	Very common
Stuffy, runny	NOSE	Stuffy, runny
Very common	SNEEZING	Sometimes
Mild, hacking	COUGH	Severe
Slight	ACHES/PAINS	Severe
Mild	FATIGUE	Can last for several weeks
Sore	THROAT	Sometimes sore
Normal, may feel sluggish	ENERGY	Extreme exhaustion
Symptoms can last 7-10 days	DURATION	Symptoms can last several weeks

TREATMENT OPTIONS

TO HELP RELIEVE COLD SYMPTOMS

- Over-the-counter cold medications, such as decongestants and cough medicine
- Over-the-counter antihistamines
- Rest
- Increased fluid intake
- Pain relievers for headache or fever
- Warm, salt water gargling for sore throat
- Petroleum jelly for raw, chapped skin around the nose and lips
- Warm steam for congestion

IF YOU HAVE A FEVER OF 101°
OR HIGHER FOR MORE THAN 24 HOURS,
SEEK TREATMENT.

PREVENTION

- Wash your hands often and keep your hands away from your eyes, nose and mouth
- Be sure to get your annual flu vaccination



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Don't just live. Shine.