

# COLD



# FLU

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

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