

## Topic of the month:

## Cold vs Flu

### Cold / Flu Prevention



**WASH HANDS  
WITH SOAP**



**DO THE SLEEVE  
SNEEZE**



**SANITIZE  
SHARED ITEMS**



**TALK TO YOUR  
PHARMACIST**  
Before taking  
any flu / cold  
over the counter  
medications.

### Is it a Cold or a Flu? Know The Difference



The flu and the common cold are both respiratory illnesses but they are caused by different viruses. In general, colds are milder than the flu and don't generally result in serious complications like pneumonia, hospitalization, etc.

#### How Can I Tell The Difference?

Because cold and flu share many symptoms, it can be difficult (*or even impossible*) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can tell if a person has the flu.

#### How are the symptoms of the Flu different from the symptoms of a Cold?

Cold symptoms have a gradual onset (*mainly runny nose, congestion, sore throat and cough*) and are usually milder than the symptoms of flu which have abrupt onset (*mainly fever, body aches, fatigue*). The table below displays some of the differences in symptoms.

Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare

References: Center for Disease Control and Prevention <https://www.cdc.gov/flu/about/qa/coldflu.htm>