

Cold vs. Flu

Know the difference

Symptoms	Cold	Flu
Fever	Rare	Usual – can be 100 to 102° or higher, lasting 3–4 days
Chills	Uncommon	Common
Muscle Aches and Pains	Uncommon or mild	Common – can be severe
Headache	Uncommon	Common - can come on suddenly and be severe
Feeling Tired and Weak	Sometimes - usually mild; you don't feel tired.	Common – can be moderate to severe; can last for 2-3 weeks. You can feel extreme tiredness that occurs suddenly
Coughing	Common - mild to moderate hacking	Common - can become severe and last for several weeks
Sneezing	Common	Sometimes
Stuffy Nose	Common	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort	Sometimes – can be mild to moderate	Common – can be severe

How you can help prevent the spread of colds or flu



Keep Your Hands Clean - Wash with soap and water or use alcohol-based hand rubs.

Cover Coughs And Sneezes and dispose of used tissues promptly.

Keep Surfaces Clean - Make sure to clean all surfaces touched by you and others often, such as countertops, faucets, computer keyboard & mouse, light switches, TV remotes, phones, and handles on doors and cabinets.

Stay Home When Sick

Get Vaccinated For Flu - Getting a flu shot or the nasal spray every year is the best way to protect yourself from getting seasonal flu.



Inland Empire Health Plan