



Question of the Season:

Is it a cold or the flu?



The difference between a cold and the flu:

- Both are respiratory illness but they are caused by different viruses.
- Because the two illnesses have similar flu-like symptoms, it can be difficult to tell the difference between them based on symptoms alone – Special tests, that usually must be done within the first few days of an illness, can be conducted to tell if a person has the flu.

Symptoms of the flu:

- Fever 100°F or above
- Headache
- Body Aches
- Extreme Tiredness
- Dry Cough
- Runny Nose
- Vomiting, Diarrhea common in very young children

Symptoms of a Cold:

- Runny or Stuffy Nose
- Headache
- Cough

Colds are usually milder than the flu. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

In general the flu is worse than a cold with more intense symptoms.

When to see the Doctor:

See your doctor for evaluation if any of the following occur – Severe vomiting or diarrhea lasting 8 hours or any vomiting or diarrhea not improved after 24 hours, Fever over 102°F, Earache, Shaking chills,



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