



Do I Have the Flu or Just a Cold?

Reference the table below when you're feeling under the weather. Many illnesses that spring up during the winter months have common symptoms and causes, so it's important to know the differences.

COMMON COLD

SYMPTOMS		CAUSES	COME TO FHC WHEN...
<input type="checkbox"/> Runny or Stuffy Nose <input type="checkbox"/> Itchy/Sore Throat <input type="checkbox"/> Cough <input type="checkbox"/> Congestion <input type="checkbox"/> Headache	<input type="checkbox"/> Watery Eyes <input type="checkbox"/> Low Grade Fever <input type="checkbox"/> Mild Fatigue <input type="checkbox"/> Slight Body Aches <input type="checkbox"/> Sneezing	A cold virus enters your body through your mouth, eyes or nose . The virus can also spread through droplets in the air when someone who is sick coughs, sneezes or talks and by hand-to-hand contact with someone. Sharing contaminated objects , such as utensils, towels, toys or telephones. If you touch your eyes, nose or mouth after such contact or exposure , you're likely to catch a cold.	<input type="checkbox"/> Fever is higher than 103° <input type="checkbox"/> Alternating between sweating and chills <input type="checkbox"/> Swollen glands <input type="checkbox"/> Severe sinus pain

INFLUENZA

SYMPTOMS		CAUSES	COME TO FHC WHEN...
<input type="checkbox"/> Fever Over 100° <input type="checkbox"/> Headache <input type="checkbox"/> Fatigue & Weakness <input type="checkbox"/> Aches in Back, Arms & Legs	<input type="checkbox"/> Chills & Sweats <input type="checkbox"/> Dry Cough <input type="checkbox"/> Nasal Congestion	Flu viruses travel through the air and can be passed when an infected person coughs, sneezes or talks . You can inhale the droplets directly , or you can pick up the germs from an object - then transfer them to your eyes, nose or mouth. If you've had influenza in the past, your body has already made antibodies to fight that particular strain of the virus, but may not fight new strains .	<input type="checkbox"/> Experiencing symptoms and are at risk of complications, see doctor immediately <input type="checkbox"/> Within first 48 hours of experiencing symptoms