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

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>CAUSES</th>
<th>COME TO FHC WHEN...</th>
</tr>
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</table>
| □ Runny or Stuffy Nose | 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. | □ Fever is higher than 103°  
□ Alternating between sweating and chills  
□ Swollen glands  
□ Severe sinus pain |
| □ Itchy/Sore Throat    | □ Watery Eyes  
□ Low Grade Fever  
□ Mild Fatigue  
□ Slight Body Aches  
□ Sneezing |                                                       |
| □ Cough             | □ Swollen glands  
□ Fever Over 100° |                                                       |
| □ Conjestion        | □ Headache  
□ Dry Cough  
□ Nasal Conjestion |                                                       |
| □ Headache          | □ Aches in Back, Arms & Legs |                                                       |

### INFLUENZA

<table>
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| □ Fever Over 100° | 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. | □ Experiencing symptoms and are at risk of complications, see doctor immediately  
□ Within first 48 hours of experiencing symptoms |
| □ Headache        | □ Chills & Sweats  
□ Dry Cough  
□ Fatigue & Weakness  
□ Nasal Conjestion |                                                       |
| □ Fatigue & Weakness | □ Aches in Back, Arms & Legs |                                                       |
| □ Aches in Back, Arms & Legs | □ Experiencing symptoms and are at risk of complications, see doctor immediately  
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