

# IS IT A COLD OR THE FLU?



SYMPTOMS	COLD	FLU
<b>FEVER</b>	Sometimes, usually mild	Usual; higher (100-102° F; occasionally higher, especially in young children); lasts 3-4 days
<b>HEADACHE</b>	Occasionally	Common
<b>ACHES, PAINS</b>	Slight	Usual; often severe
<b>FATIGUE, WEAKNESS</b>	Sometimes	Usual; can last 2-3 weeks
<b>EXTREME EXHAUSTION</b>	Never	Usual; at the beginning of the illness
<b>STUFFY NOSE</b>	Common	Sometimes
<b>SNEEZING</b>	Usual	Sometimes
<b>SORE THROAT</b>	Common	Sometimes
<b>CHEST DISCOMFORT, COUGH</b>	Mild-Moderate; hacking cough	Common; can become severe
<b>COMPLICATIONS</b>	Sinus congestion; middle ear infection	Sinusitis, bronchitis, ear infection, pneumonia; can be life-threatening
<b>PREVENTION</b>	Wash hands often; avoid close contact with anyone with a cold	Wash hands often; avoid close contact with anyone who has flu symptoms; get the annual flu vaccine
<b>TREATMENT</b>	Decongestants; pain reliever/fever reducer medicines	Decongestants, pain relievers, or fever reducers are available over the counter; over-the-counter cough and cold medicines should not be given to young children; prescription antiviral drugs for flu may be given in some case; call your doctor for more information about treatment

Welcome to

**bellinhealth**

bellin.org



**The standard flu season runs from fall-spring of the next year.**

Schedule an appointment by calling 24/7 Employer Clinic Hotline at 800.528.7883. Walk-ins welcome upon availability.