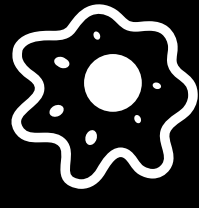


Do You Have A COLD OR THE FLU?



Both illnesses can make you miserable!
But each is caused by different bugs that settle
in different places. Below, our experts
explain how to tell them apart.

flu

CULPRIT: 2 types of influenza virus, which have different strains.

TARGET: Nose, throat and lungs.

TRANSMISSION: Inhalation or contact with contaminated surfaces.

SYMPTOMS: Think F.A.C.T.S (fever, aches, chills, tiredness, sudden onset). Can also cause headache, sore throat and hacking cough. Young children may have GI symptoms like vomiting and diarrhea.

END RESULT: 2-4 days in bed. Can lead to bronchitis, sinus or ear infections, pneumonia, hospitalization and even death. Pregnancy, chronic medical conditions and older age increase the risk of complications.

PREVENTION: Yearly flu vaccine for everyone over 6 months of age, especially the elderly, pregnant women and those with lung conditions like asthma or chronic obstructive pulmonary disease (COPD). Nasal flu mist vaccine is an option for many people 2-49 years of age.

TREATMENT: Bed rest, liquids and over-the-counter flu medicines. Prescription antiviral medicine may shorten duration if given early.

cold

CULPRIT: More than 200 types of rhinovirus.

TARGET: Nose and throat.

TRANSMISSION: Inhalation or contact with contaminated surfaces.

SYMPTOMS: Runny nose, sneezing and nasal congestion. Often a sore throat, mild cough, mild aches and/or fatigue. Young children may get a fever.

END RESULT: 1-3 weeks of discomfort.

PREVENTION: Frequent hand-washing to prevent their spread. Zinc lozenges and vitamin C may shorten a cold's duration.

TREATMENT: Over-the-counter cold medicines/analgesics.

remember

LINGERING SYMPTOMS MAY SIGNAL PNEUMONIA.

Influenza can lead to this lung infection (dangerous if you're pregnant, have a chronic medical condition, or are very young or very old). Call the doctor if you start coughing up yellow or green mucus, feel short of breath, breathe rapidly, feel pain when inhaling or have persistent fever.

QUESTION: WHEN IS "THE FLU" NOT THE FLU?

Answer: when it's the "stomach flu" or "24-hour flu." Severe bouts of vomiting and diarrhea, or gastroenteritis, can make you just as miserable as flu. But the viruses that trigger them are different. And they target your intestines rather than your airways.

RESOURCES

cdc.gov/flu
cdc.gov/flu/about/season/flu-season-2014-2015.htm
nfid.org/idinfo/influenza
my.clevelandclinic.org/health/diseases_conditions/hic_influenza