

cold *or* flu?

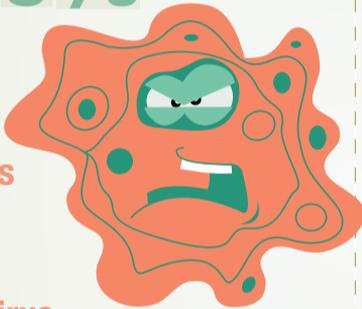
SIGNS AND SYMPTOMS



IS IT COLD?

WHAT CAUSES THE COMMON COLD?

- 10%-40% by the rhinovirus
- 20% by the coronavirus
- 10% by the syncytial virus



More than 200 viruses can cause the common cold.

SIGNS of a COLD
sneezing, scratchy throat, runny nose



TREATING COLD SYMPTOMS

- REST
- OVER-THE-COUNTER MEDICATIONS
- DRINKING CLEAR FLUIDS



IS IT *the* FLU?

WHAT CAUSES THE FLU?

- influenza virus Type A, Type B, Type C
- highly contagious spread by air or coming in contact with another infected person



SIGNS of the FLU
100°F or higher fever, cough or sore throat, body aches and chills, fatigue, nausea

Lingering symptoms may signal pneumonia.

TREATING THE FLU SYMPTOMS

- REST
- DOCTOR PRESCRIBED ANTIVIRAL MEDICATIONS
- DRINKING CLEAR FLUIDS

