

Comparing and contrasting symptoms, treatment and prevention.

Caused by rhinoviruses

Gradual onset

Both
the cold
and the flu
are contagious
one to two
weeks after
symptoms

appear.

Caused by influenza viruses

Immediate onset

FLU

Symptoms of a cold plus:

fever, aches, chills, headache and loss of appetite



COLD

Symptoms:

fatigue, nasal congestion or runny nose, sore throat and cough

Treatment:

Over-the-counter cold medications may help relieve symptoms of both. Prescription antiviral medication may help with the flu. Rest, fluids and time will also help.

Antibiotics won't cure a cold or flu. Antibiotics only work against bacterial infections, not viral ones.

Prevention:

An annual flu vaccination will help reduce your risk of getting the flu.

Personal hygiene, including washing your hands and covering coughs and sneezes, will help reduce your risk of getting and spreading cold and flu.





