

# Is It a Cold or the Flu?

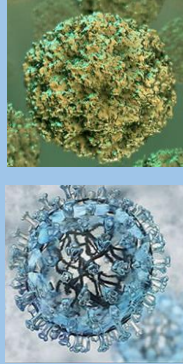
## Cold

## Flu

### Rhinoviruses

Many types of viruses can cause a cold, rhinoviruses are the most common virus. A cold virus enters your body through your mouth, eyes or nose, and can spread in the air when someone who is sick touch, coughs, sneezes or talks.

### Causes



### Influenza

The flu is caused by influenza viruses. These viruses spread when people with flu touch, cough, sneeze or talk, sending droplets with the virus into the air.

- Rare Headache
- Normal Temperature
- Slight Aches & Pains
- Sneezing
- Runny Nose
- Sore Throat
- Mild to Moderate Hacking Cough

### Symptoms

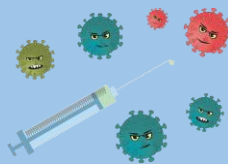


- Prominent Headache
- Acute fever
- Severe Aches & Pains
- Extreme Fatigue & Weakness
- Severe Cough
- Chest Discomfort



- Get a lot of rest
- Drink plenty of liquids
- Adjusting your room's temperature and humidity
- Soothing your throat
- Using saline nasal drops
- Medicines

### Treatment



- Antiviral medicines - See your doctor
- Get a lot of rest
- Drink plenty of liquids
- Consider pain relievers

- Wash your hands
- Disinfect your stuff
- Use tissues
- Stay warm
- Don't share saliva

### Prevention



- Annual vaccination
- Antiviral medicines (See your doctor)



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