

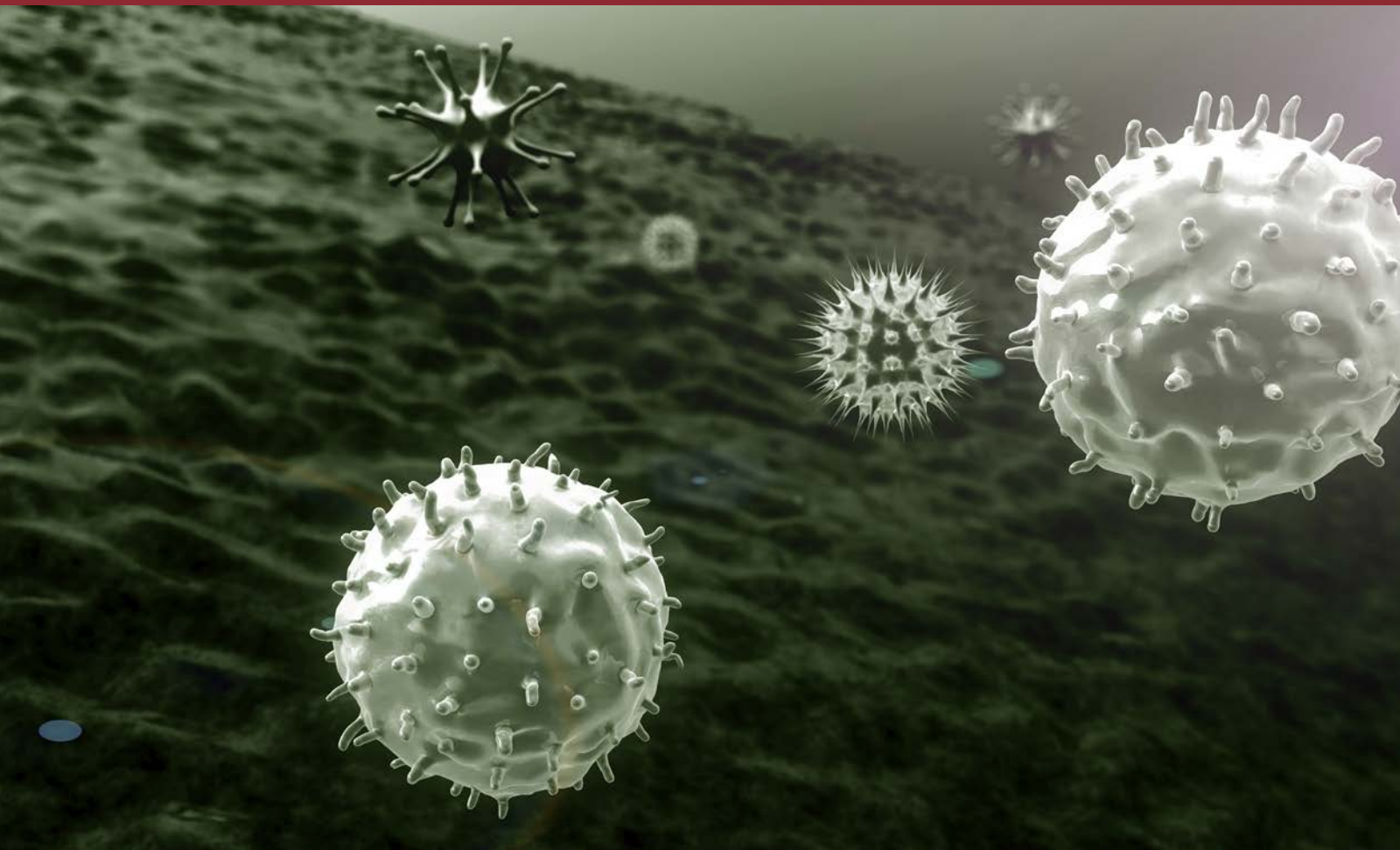


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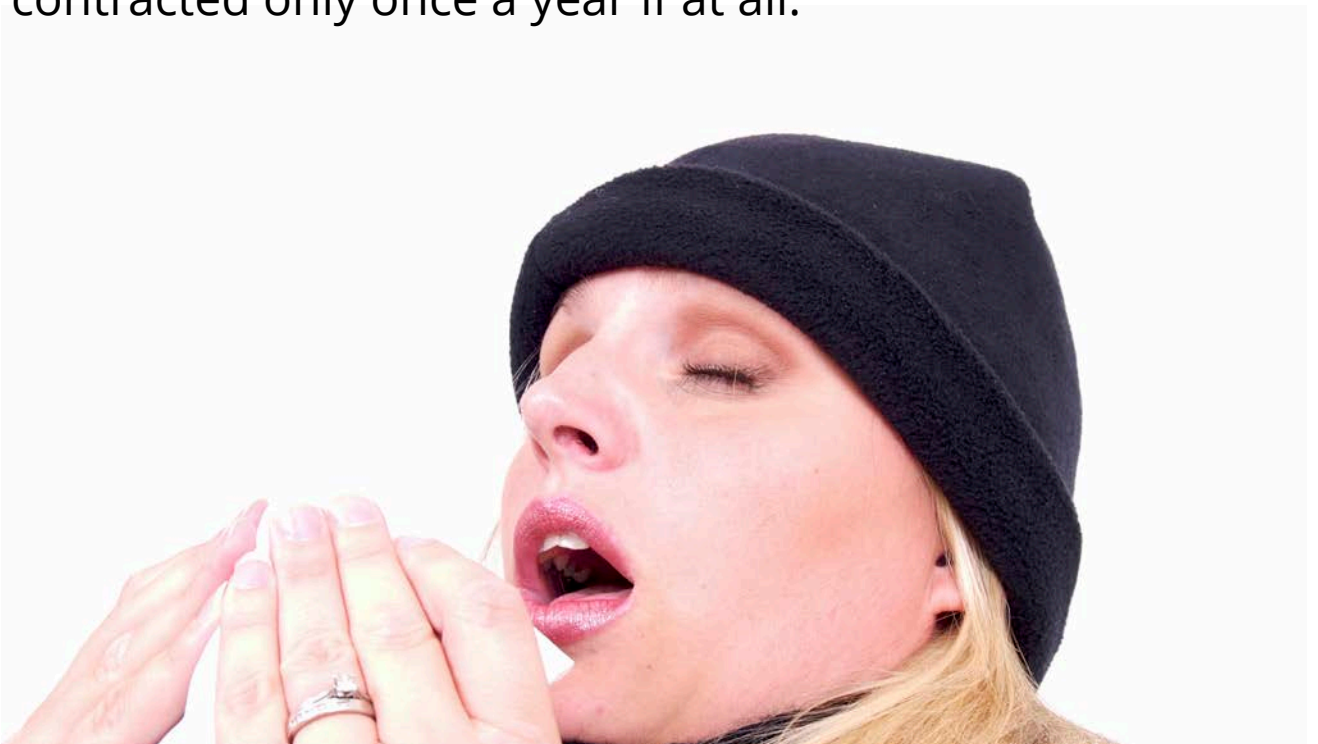
How To Tell The Difference Between The  
**Flu & A Cold**

Influenza and the common cold are both caused by viruses. They share many of the same symptoms, but flu symptoms are generally more severe. There are 200 or more different viruses capable of causing a cold, the most common one being the rhinovirus.



# How Do You Catch a Cold or Flu?

Flu and colds are transmitted from person to person by breathing in tiny virus particles when a person with either illness coughs or sneezes. You can also get both infections by touching an object like a doorknob with a virus on it that was left by an ill person's touching it. You then introduce the virus into your body by putting your hand on your mouth, nose or eyes. People may catch a cold several times a year, whereas the flu is normally contracted only once a year if at all.



# Symptoms & How They Differ

The symptoms of a cold are usually a sore throat, runny nose, cough and nasal congestion. These symptoms also occur with the flu. However, flu symptoms are usually much more severe and include headache, fever (102°-106°), aches and pains and severe fatigue. There is a test to diagnose the flu that is a nose or throat swab. Both the flu and the common cold occur within days of exposure to a virus. Both infections usually improve within a week and clear within two weeks.



# Treatment of Cold & Flu

Antibiotics are not used for either a cold or flu, as they are ineffective against viruses. They may be used for complications of a cold or flu such as an ear infection or bronchitis. Both the flu and a common cold will improve faster with rest, plenty of fluids and acetaminophen or ibuprofen for fever or aches and pains. Aspirin should be avoided.

People who get very sick with the flu or who are at increased risk of complications from the flu may be treated with antiviral medications. Most people do not require this treatment. People at greater risk of flu complications are those younger than 2 or older than 65. Pregnant women more than 3 months along and anyone with a chronic illness are also at greater risk.

# How to Avoid Catching a Virus

To lessen the chances of catching a cold or the flu you should wash your hands frequently, avoid sharing eating utensils and touching your eyes, nose or mouth. If you are ill, cough into a tissue or your sleeve and stay in the house until 24 hours after any fever has resolved. The Centers for Disease Control recommends a flu shot for everyone 6 months and older.



# Is This the Flu or a Cold?



## Flu symptoms:

- ① Aches and pains usually, and may be severe
- ② General fatigue lasting 1 ½ -2 weeks
- ③ Fever usually 100 degrees or more and lasting a few days to a week
- ④ Headache frequent
- ⑤ Cough common and may be severe
- ⑥ Sore throat and stuffy, runny nose unusual

## Cold symptoms:

- ① Aches and pains unusual and mild if present at all
- ② General fatigue absent or mild lasting only a few days
- ③ Fever unusual
- ④ Headache rare
- ⑤ Cough common but mild and dry
- ⑥ Sore throat very common
- ⑦ Stuffy runny nose usually



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