

## HOW TO TELL THE DIFFERENCE BETWEEN INFLUENZA AND A “COLD”

Learn the differences between influenza and the common cold. Call your healthcare provider right away if influenza is suspected in the family to see what treatment is needed.

People sometimes call gastroenteritis the “flu” or “stomach flu.” It is not the same as seasonal influenza, which is a respiratory infection. However children , more commonly than adults, may complain of stomach aches with seasonal influenza. More information about gastroenteritis can be found at <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001298/>.

The following chart highlights information from CDC and The Children’s Hospital (Denver, CO) and can help you compare symptoms of the common cold and seasonal influenza.

	Influenza Symptoms	Cold Symptoms
Onset	Sudden	Gradual
Fever	High	None to low grade
Fatigue	Severe	Mild
Cough	Severe	Mild to Moderate
Throat	Sore	May be sore
Headache	Achy	None
Appetite	Decreased	May be decreased
Muscles	Achy	No aches
Chills	Yes	None
Stuffy, runny nose	Sometimes	Common
Complications	Bronchitis/Pneumonia	Earache/Sinus infection
Prevention	Annual vaccine	Good hygiene
Treatment	Antiviral drugs in 24-48 hrs	Symptomatic relief

Source: <http://www.cdc.gov/flu/about/ga/coldflu.htm> and <http://thechildrenshospital.org/wellness/topics/flu>