



Is it a Cold or Flu?

Colds and flus are caused by viruses. But there are differences. While colds and flu are treated mostly with self-care, the flu can lead to more serious problems, such as bronchitis and pneumonia in people with asthma, diabetes, or a weakened immune system.

WHAT TO DO

- Drink lots of liquids. Have warm drinks, such as tea with lemon and/or honey. **Note:** Do not give honey to a child under 1 year old.
- Use a cool-mist vaporizer to add moisture to the air.
- For nasal congestion, use a saline nasal spray or drops.
- Gargle every few hours with warm salt water.
- Suck on a piece of hard candy or lozenge. **Note:** Do not give these to children under 5 years old.
- Take age-appropriate, over-the-counter pain, cold, and/or cough medications.
- If you think you may have COVID-19, get tested and follow care from your doctor.

Symptoms	Cold	Flu
Fever	Mild, if any	Yes. Can be high.
Chills	No	Yes
Headache	Maybe	Yes
Body aches/fatigue	Mild, if any	Yes
Itchy/watery eyes	Yes	No
Stuffy/runny nose	Yes	Sometimes
Sore throat	Yes	Sometimes
Cough	Cough with mucus	Dry, hacking cough

A cold comes on gradually. The flu comes on quickly. Cold symptoms affect you mostly above the neck. The flu affects your body all over. With a cold, you still have energy to do most things. With the flu, you may not be able to get out of bed. Some COVID-19 symptoms may be similar to flu symptoms, and may also include diarrhea, nausea, vomiting, sudden loss of taste and difficulty breathing.

ACTION STEP

Contact your doctor if symptoms worsen or do not improve.

