



Flu vs. cold

A cold develops slower with milder symptoms including minor cough, runny nose, and a mild- to moderate-grade fever. Influenza (flu) presents with a sudden onset of a higher fever, body aches, headache, and nasal congestion. While some symptoms are similar, the flu is much more severe.

Be sure to get plenty of rest, stay hydrated, wash your hands frequently, and use pain relievers for body aches and headaches. Remember to get your yearly flu vaccination – it's important for both adults and children!

See the reverse side for more about flu vs. cold.

Flu or a cold?

Signs and symptoms to keep in mind when fighting either the flu or a common cold:

| Symptom onset | Gradual | Abrupt |
|-------------------------|------------------|---------------|
| Fever | Rare | Usual |
| Aches | Slight | Usual |
| Chills | Uncommon | Fairly common |
| Fatigue, weakness | Sometimes | Usual |
| Sneezing | Common | Sometimes |
| Chest discomfort, cough | Mild to moderate | Common |
| Stuffy nose | Common | Sometimes |
| Sore throat | Common | Sometimes |
| Headache | Rare | Common |

Source: CDC

For more information, visit
cardinalglennon.com

All of our facilities have implemented enhanced safety measures. These may include requiring all individuals to be screened for symptoms and requiring face masks for all upon entry. This will ensure you and your family are protected every step of the way.

