

A Cold or the Flu?



How do you tell the difference?

<p style="text-align: center;">The Cold</p> <p>*Symptoms tend to develop gradually</p>	<p style="text-align: center;">The Flu</p> <p>*Symptoms can appear suddenly, without warning</p>
<ul style="list-style-type: none"> ▪ Runny, stuffy nose ▪ Scratchy throat ▪ Sneezing ▪ Watery eyes ▪ Mild fever (below 102°F) 	<ul style="list-style-type: none"> ▪ Nausea ▪ Cough without phlegm ▪ Chills/body aches ▪ Sweating ▪ Fever (above 102°F) - *But, not everyone with the flu will develop a fever ▪ Lack of appetite ▪ Vomiting (more common in kids) ▪ Diarrhea (more common in kids)