

## Is it a Cold or the Flu?

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The flu and the common cold are both respiratory illnesses, but they are caused by different viruses. Because these two types of illnesses have similar flu-like symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can be carried out, when needed to tell if a person has the flu.

Symptoms	Cold	Flu
<b>Fever</b>	rare in adults and older children, but can be as high as 102° F in infants and small children	usually 102° F, but can go up to 104° F and usually lasts 3 to 4 days
<b>Headache</b>	rare	sudden onset and can be severe
<b>Muscle aches</b>	mild	usually, and often severe
<b>Tiredness and Weakness</b>	mild	often extreme, and can last two or more weeks
<b>Extreme exhaustion</b>	never	sudden onset and can be severe
<b>Runny nose</b>	often	sometimes
<b>Sneezing</b>	often	sometimes
<b>Sore throat</b>	often	sometimes
<b>Cough</b>	mild hacking cough	usually, and can become severe

From <http://www.cdc.gov/flu/school/qa.htm>

Information on Influenza and Influenza Vaccine can be found at:

- Georgia Immunization Program - <http://health.state.ga.us/programs/immunization/flu.asp>
- Georgia Influenza Surveillance - <http://health.state.ga.us/epi/flu/>
- CDC Influenza Website - <http://www.cdc.gov/flu/>
- CDC Influenza Surveillance - <http://www.cdc.gov/flu/weekly/fluactivity.htm>

Additional educational materials are available from:

- Georgia United Against Antibiotic Resistant Disease (GUARD) - <http://www.guard-ga.org>

