

IS IT A COLD OR THE FLU?

COMMON SYMPTOMS	COLDS	FLU
Fatigue	No	Yes
Fever	No	100-104 deg F
Muscle aches	No	Yes
Joint pain	No	Yes
Loss of appetite	No	Yes
Headache	No	Yes
Cough	Yes	Yes
Stuffy nose	Yes	No
Diarrhea/vomiting	No	No

FAST FLU FACTS

The flu is an airborne virus-
Spread from one person to another
By droplets from coughing or sneezing

Although flu symptoms are felt throughout the body
The flu virus lives and multiplies primarily in the lungs

Upset stomach and vomiting are not symptoms of the flu-
“stomach flu” is usually caused by other microorganisms
and is often mistakenly referred to as the “flu”

References:1. Dolin R. In : *Harrison's Principles of Internal medicine*.1994:814-819 2. Betts RF. In: *Principles and Practices of Infectious Diseases*. 1995;1546-1563. 3. Gwaltney JM Jr. *Principles and Practice of Infectious Diseases*. 1995: 561-566