






# Is it Cold or Flu?

There are a handful of ubiquitous respiratory illnesses caused by viruses. They are similar, but they also have some important differences.

Here's a simple comparison of the most common illnesses to help you understand what you have, what to expect, and how to stay healthy.

Symptom/Characteristic	Common Cold	Influenza (Flu)
Onset	Gradual over a few days	Sudden onset
Fever	Rare, mild (if present)	Common, often high
Symptoms	Runny/stuffy nose, sneezing, sore throat, cough, mild headache, mild fatigue	Fever, muscle/joint aches, sore throat, cough, headache, fatigue, nausea/vomiting
Severity	Mild	Can be severe, especially in high-risk groups (e.g., elderly)
Duration	About 7-10 days	About 1-2 weeks
Loss of Taste/Smell	Rare	Rare
Primary Treatment	Rest, hydration, over-the-counter cold remedies	Antiviral medications (if prescribed early), rest, hydration

## These habits can help keep you healthy:

- Avoid close contact with people who are sick;
- Wash your hands frequently and avoid touching your eyes, nose, or mouth;
- Clean and disinfect frequently touched surfaces; and
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Your holistic healthcare professional is an especially valuable resource for protecting you from all kinds of common illnesses. They can help you get ready for cold & flu season by keeping your immune system functioning optimally. And they have all-natural options for relieving many of your everyday symptoms.

◆ *Talk to your healthcare provider today*

