

Is It A Cold Or The Flu?

WHAT'S THE SAME

Both colds and the flu come from respiratory tract infections in your nose, sinuses and throat.

Cold

- Symptoms that build over 48 hours
- Runny nose, watery eyes
- Stuffy nose and congestion
- Sneezing and coughing

Or

FLU

- FAST ONSET OF SYMPTOMS (ESPECIALLY FEVER & CHILLS)
- FEVER & CHILLS
- BODY ACHES & PAIN
- WEAKNESS & FATIGUE
- SYMPTOMS LAST 7-14 DAYS & MAY LINGER FOR UP TO 3 WEEKS