



# Cold, Flu or “Stomach Flu”

## Know the Difference



### COLD

#### SYMPTOMS CAN INCLUDE

A cold is a contagious respiratory illness caused by more than 100 different viruses

- Runny or stuffy nose
- Sneezing
- Nasal congestion
- Sore throat
- Mild cough
- Mild aches
- Fatigue
- Fever (young children)

#### PREVENTION

- Frequent handwashing
- Covering your cough by coughing into the bend of your elbow

#### TREATMENT

- Over-the-counter cold medicines
- Zinc lozenges
- Vitamin C



### FLU

#### SYMPTOMS CAN INCLUDE

The flu is a contagious respiratory illness caused by influenza viruses

- Fever
- Chills
- Runny or stuffy nose
- Body aches
- Fatigue
- Headache
- Sore throat
- Hacking cough
- Vomiting (young children)
- Diarrhea (young children)
- Sudden onset

#### PREVENTION

- Yearly flu vaccine
- Frequent handwashing
- Covering your cough by coughing into the bend of your elbow

#### TREATMENT

- Over-the-counter flu medicines
- Prescription flu medicine
- Bed rest



### “STOMACH FLU”

#### SYMPTOMS CAN INCLUDE

“Stomach flu” isn’t the flu at all. It’s inflammation of the lining of the stomach and intestines. Several different viruses can cause the “stomach flu” which is highly contagious and extremely common.

- Watery diarrhea
- Vomiting
- Nausea
- Headache
- Fever
- Chills
- Abdominal pain (cramping)

#### PREVENTION

- Frequent handwashing
- Don’t share food, drinks or eating utensils with infected people

#### TREATMENT

- Over-the-counter anti-diarrheal and nausea medicines
- Drink plenty of water or sports drinks
- Avoid fatty and sugary foods, dairy products, caffeine & alcohol