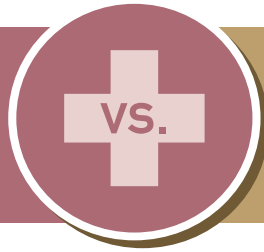


COLD



FLU

**A COLD AND THE FLU (INFLUENZA) ARE TWO DIFFERENT ILLNESSES.
MAKE SURE YOU KNOW THE DIFFERENCE!**

Low or none	FEVER	High
Sometimes	HEADACHE	Very common
Stuffy, runny	NOSE	Stuffy, runny
Very common	SNEEZING	Sometimes
Mild, hacking	COUGH	Severe
Slight	ACHES/PAINS	Severe
Mild	FATIGUE	Can last for several weeks
Sore	THROAT	Sometimes sore
Normal, may feel sluggish	ENERGY	Extreme exhaustion
Symptoms can last 7-10 days	DURATION	Symptoms can last several weeks



TREATMENT OPTIONS TO HELP PREVENT COLD SYMPTOMS

- Over-the-counter cold medications, such as decongestants and cough medicine
- Over-the-counter antihistamines
- Rest
- Increased fluid intake
- Pain relievers for headache or fever
- Warm, salt water for sore throat
- Petroleum jelly for raw chapped skin around the nose and lips
- Warm steam for congestion



If you have a fever of 101°F or higher for more than 24 hours, seek treatment.



PREVENTION

- Wash your hands often and keep your hands away from your eyes, nose, and mouth
- Be sure to get your annual flu vaccination



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