

# COLD



# FLU

A cold and the flu (influenza) are two different illnesses. Make sure you know the difference.

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

## TREATMENT OPTIONS

TO HELP RELIEVE COLD SYMPTOMS

- Rest
- Increased fluid intake
- Pain relievers for headache or fever
- Warm liquids for sore throat
- Petroleum jelly for raw, chapped skin around the nose and lips
- Increase moisture in home for congestion\*
- For additional home care advice, please call our Nurse Line at 1-844-342-MCRN.

\*Warm steam is not safe for children. Set these machines in a safe place to prevent burns.

IF YOU HAVE SYMPTOMS OF FLU, ARE IN A HIGH RISK GROUP OR HAVE CONCERNS, PLEASE CALL OUR NURSE LINE AT 1-844-342-MCRN

## PREVENTION

- Wash your hands often and keep your hands away from your eyes, nose and mouth.
- Be sure to get your annual flu vaccination.
- Most people **NOT** in a high risk group with the flu have mild illness and can treat their symptoms at home to prevent spreading.

Shine365  
Marshfield Clinic