

Know the difference between **Fever and Cold**

FEVER

- A symptom, signaling something else is going on in your body.
- Relieved with acetaminophen or ibuprofen in dosages advised by your doctor.
- See a doctor if it persists for more than 72 hours or exceeds 100.5 F.

COLD

- A virus, causing inflammation of nose and throat membranes.
- Typically works itself out in 7 to 10 days.
- See a doctor if it worsens or causes secondary issues.

TREATMENT AND PREVENTION

- Drink plenty of fluids, but avoid alcohol and caffeine.
- Eat a normal diet.
- Contact your doctor with any concerns.
- Dress lightly and take cool baths to cool body from fever.
- Take antipyretics, like Tylenol and ibuprofen.
- Wash your hands frequently.
- Stay active.
- Get plenty of rest.
- Avoid others who are ill.



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