

IS IT A COLD OR THE FLU?

The flu is an airborne virus that is spread from one person to another by droplets from coughing or sneezing. Although flu symptoms are felt throughout the body, the flu virus lives and multiplies primarily in the lungs. Upset stomach and vomiting are not symptoms of the flu. “stomach flu” is usually caused by other microorganisms and is often mistakenly referred to as the “flu.”

<u>COMMON SYMPTOMS</u>	<u>COLD</u>	<u>FLU</u>
1. Fatigue	No	Yes
2. Fever	No	100-104 degree F
3. Muscle ache	No	Yes
4. Joint pain	No	Yes
5. Loss of appetite	No	Yes
6. Headache	No	Yes
7. Cough	Yes	Yes
8. Stuffy nose	No	No
9. Diarrhea/Vomiting	No	No