

Cold vs Flu:

“Yet I said to myself, ‘This is my sickness, and I must endure it.’” Jeremiah 10:19 NIV

During this time of year we often wonder if the upper respiratory infection we have is a cold or the flu. Here is a chart to help determine which it is:

Cold	Symptom	Flu
Pretty rare	Fever	Usually present
Slight body aches & pains	Aches	Severe aches & pains
Uncommon	Chills	Fairly common
Fairly mild	Fatigue	Moderate to severe
Develop over a few days	Sudden Symptoms	Rapid onset of 3-6 hrs.
Hacking & productive	Coughing	Dry and nonproductive
Common	Sneezing	Uncommon
Common	Stuffy Nose	Uncommon
Mild to moderate	Sore Throat	Uncommon
Mild to moderate	Chest Discomfort	Often severe
Fairly uncommon	Headache	Very common

Unlike colds, flu can lead to complications like pneumonia, especially in the old, the young, and those with serious health issues. Viruses are transmitted by contact with objects that the infected person has touched after coughing or sneezing. Germs can be transmitted 1 day before symptoms appear and up to 5 days after getting sick.

Stay healthy by eating well, exercising regularly, getting plenty of rest, and practicing good hand washing. If you have a cold or the flu, cover your nose and mouth with a tissue or elbow when coughing/sneezing, avoid people while ill, wash your hands after coughing/sneezing, and avoid touching your eyes, nose or mouth.

If you are ill stay home; don't share your germs. Treat your symptoms by hydrating yourself, getting plenty of rest, gargling to moisten a sore throat, drinking hot liquids to relieve nasal congestion, taking a steamy shower to clear nasal passages, applying hot or cold packs to congested sinuses, using an extra pillow when sleeping to relieve congestion, and avoiding travel by air. If you are healthy, share Jesus' love by taking the sick one the standard chicken soup or fluids and caring for the children. (*Source:*

Mayo Clinic, www.mayoclinic.com)

References / Resources:

www.aarc.org/rcweek/ - American Association for Respiratory Care – HON approved

www3.niaid.nih.gov/ - National Institute of Allergy and Infectious Diseases – has latest news, research, and education on influenza

www.lungusa.org/ - American Lung Association – search diseases A to Z for flu or influenza

www.cdc.gov/flu/ - Centers for Disease Control and Prevention – general flu information, research, and consumer education