

Cold or Flu?

The difference between these two common ailments this year is even more important because of the Flu Vaccine shortage. Many people will become sick during the winter months with various symptoms often causing them to wonder what type of treatment they will need to get better. Occasionally a delay in diagnosis and treatment could result in serious consequences.

Flu symptoms often include: fever 102-104, severe headache, general aches and pains (some severe), fatigue and weakness, exhaustion, mild stuffy nose, sneezing, sore throat, chest discomfort, and cough.

Cold symptoms often include: low grade fever or no fever at all, possible mild headache, mild aches and pains, mild fatigue and weakness, stuffy nose, clear nasal drainage, sneezing, sore throat, mild chest discomfort, and dry cough.

As you can see, many of the symptoms are similar in both illnesses and can be difficult to diagnose. If you are not sure what is wrong, consulting your physician is advisable. This is particularly important in the young, elderly, or anyone suffering from multiple illnesses. As always, prevention is the best treatment. Simple things you can do include: frequent hand washing, avoiding close contact with others, eating right, getting enough sleep, and avoiding stressful situations.