

Is it a Cold or the Flu?

The symptoms of colds and the flu are very similar. Usually, symptoms of the flu are more severe and come on suddenly. This chart will help you tell the difference.

Symptoms	Cold	Flu
High Fever	<ul style="list-style-type: none"> Rare 	<ul style="list-style-type: none"> Yes, 100°F–102°F (may be higher in young children) Starts suddenly
Headache	<ul style="list-style-type: none"> Sometimes 	<ul style="list-style-type: none"> Yes, often severe Starts suddenly
Body Aches	<ul style="list-style-type: none"> Rare or mild 	<ul style="list-style-type: none"> Yes, often severe Starts suddenly
Tiredness	<ul style="list-style-type: none"> Sometimes 	<ul style="list-style-type: none"> Yes, can be extreme
Sore Throat	<ul style="list-style-type: none"> Yes, common 	<ul style="list-style-type: none"> Yes, common
Cough	<ul style="list-style-type: none"> Yes, mild to moderate 	<ul style="list-style-type: none"> Yes, can be severe
Stuffy Nose	<ul style="list-style-type: none"> Yes, common 	<ul style="list-style-type: none"> Sometimes

How Can I Protect Myself from Getting Sick with a Cold or the Flu?

The best way to protect yourself, your family, and the people you work with from getting the flu is to make sure you get a flu vaccine every year. Make sure everyone in your family (except infants younger than six months old) gets a flu vaccine, too.

Here are some simple ways to keep from getting sick with a cold or the flu or giving the flu to other people.

- Wash your hands often with soap and water (sing the Happy Birthday song twice as you wash or wash for 20 seconds).
- Cough or sneeze into your elbow or sleeve if you don't have a tissue. Do not cough or sneeze into your hands.
- Cover your cough or sneeze with a tissue. Wash your hands afterward.
- Keep your hands away from your nose, eyes, and mouth.
- Teach your children or the children you care for to wash their hands and cover their coughs and sneezes, too!
- Keep sick children at home. Children who go to the child care center or school when they are sick can make other children sick too.
- If you are sick, stay home from work, school, or other public places.

For more information on the flu, go to www.publichealth.lacounty.gov.