

## Is it a **Cold**, the **Flu** or the **Stomach Flu**?

	COMMON COLD	SEASONAL FLU	STOMACH FLU
Cause	Different viruses (rhinovirus, etc.)	Influenza A or B virus	Virus or Bacteria (rotavirus, food poisoning)
Sore throat	Common	Sometimes	No
Stuffy/runny nose	Common	Sometimes	No
Cough	Sometimes	Usually	No
Chills/pains/aches	Uncommon	Yes	Common
Headache	Uncommon	Yes	Sometimes
Fever	Rare	Yes (100-102°F)	Sometimes
Extreme fatigue	Uncommon	Yes	Sometimes
Vomiting/diarrhea	No	Uncommon (more likely in kids)	Usually
Treatment	Consider staying home to rest. Hydrate. OTC drugs can ease symptoms.	Stay home and rest. Hydrate. OTC drugs can ease symptoms. Antiviral meds for high-risk groups.	Stay home and rest. Replace lost fluids.
Prevention	Wash hands. Avoid contact with sick people.	Get yearly flu shot. Wash hands. Avoid contact with sick people.	Wash hands. Wash fruits/veggies. Cook seafood fully.