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Is It the Cold or Flu?

JANUARY 16TH 2018 BY DEE LOFLIN

Is It the Cold or Flu?

You're sneezy. You're wheezy. You feel just plain bad. Is it a cold or is it the flu? We got the skinny on these two winter woes from SoutheastHEALTH Infection Preventionist Carol Jordan.

If you have a cold, you'll probably have symptoms that get better in 7 to 10 days including:

Runny, stuffy nose
Mild sore throat
Coughing
Sneezing
Headache or body aches
Lethargy

If you've been bitten by the flu bug, you'll experience symptoms that come on quickly and last for 1 to 2 weeks including:

Dry, hacking cough
Moderate to high fever
Shaking chills
Severe muscle or body aches
Stuffy, runny nose
Severe fatigue
Headache

When to see a healthcare professional Contact your healthcare provider if your symptoms do not improve or if you have symptoms of pneumonia such as:

Trouble breathing
Severe sore throat
High, persistent fever
Chest pain
Cough that produces green mucus

Need a healthcare provider?

Southeast Primary Care has over 40 providers located throughout the region. Our team is specially trained and skilled in comprehensive first connection and continuing care for people of all ages.

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Best way to avoid the flu?

Get your flu shot.
If you are sick, stay home.

Wash your hands using the following steps:

Wet your hands with water and then apply soap.

Lather, and be sure to include the backs of your hands, between your fingers and under your nails.

Scrub for at least 20 seconds. Need a timer? Hum your favorite tune for 20 seconds or so.

Rinse well.

Dry using a paper towel or air dry hands.

No water? Use alcohol-based hand sanitizer that contains at least 60% alcohol.

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