

# It's Cold and Flu Season in Snohomish County!

Colds and Flu are respiratory illnesses caused by viruses.  
Our Immune Systems produce antibodies to fight the viruses that make us sick.

<b>What is the difference between a cold and the flu?</b>	 <b>COLD</b>	 <b>FLU</b>
How it starts	A cold comes on slowly. At first you may have a sore throat, then a stuffy nose, followed by a cough on the 4 <sup>th</sup> or 5 <sup>th</sup> day.	The flu hits hard. Symptoms like a high fever, body aches and headache will strike within a few hours.
<b>Symptoms</b>		
Tiredness/Fatigue	Mild	Moderate to severe, especially at onset of symptoms
Head and Body Aches and Pains	Not common; will be mild if present	Moderate to severe; headache in up to 80% of cases
Chills and Fever	Rarely above 101°F/38.5°C; more likely in children	60% will have chills; fever of 100°F/38°C or more for 3-4 days in up to 80% of cases; fever can be higher in children
Sore Throat	Yes, for a day or 2	Sometimes
Runny Nose	Common	Common
Stuffy Nose	Common	Rare
Sneezing	Common	Sometimes
Cough	Yes-will often be a hacking, mucus-producing cough	Usually a dry, non-productive cough
Chest Discomfort	Mild to moderate	Can be severe
<b>Can colds and flu lead to serious health problems?</b>		
	Colds do not generally result in serious health problems.	The flu may result in serious health problems such as pneumonia, bacterial infections and hospitalizations.
<b>Is there a vaccine to prevent colds and the flu?</b>		
	No, but washing your hands and keeping fingers away from your nose, eyes and mouth can help you avoid viruses that cause colds.	Yes. Flu vaccine is the best way to protect yourself, your family and your community from this serious disease and its complications. Everyone, 6 months of age and older, should get the flu vaccine every year.
<b>WARNING!</b>		
Call your healthcare provider if you have any of these symptoms!	<ul style="list-style-type: none"> <li>▪ A fever that doesn't go away or goes away and comes back</li> <li>▪ Painful swallowing</li> <li>▪ Coughing that lasts more than 2 or 3 weeks</li> <li>▪ Congestion and pain around the eyes and face that stick around for a week or more</li> <li>▪ Stiff neck</li> </ul>	

**Resources:**

- <http://www.webmd.com/cold-and-flu/cold-guide/flu-cold-symptoms>
- [http://kidshealth.org/parent/general/sick/flu\\_vs\\_cold.html](http://kidshealth.org/parent/general/sick/flu_vs_cold.html)
- <https://www.cdc.gov/flu/symptoms/coldflu.htm>
- <https://www.healthline.com/health/cold-flu/cold-or-flu#symptoms>

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