



Sedgwick County...
working for you

FACTS & details

about Sedgwick County Government

Cold vs. Flu

October 21, 2014

Cold	Seasonal Flu
Symptoms	
Low-grade or no fever	High fever, more than 100 degrees
Sneezing	Severe headache and body aches
Sore throat	Extreme tiredness that can last up to three weeks
Stuffy, runny nose	Chest discomfort
Cough	Respiratory symptoms such as cough and sore throat
How long symptoms last	
Two days to up to one week	A few days to up to two weeks
Complications	
Sinus Congestion	Bronchitis
Ear Infection	Pneumonia
Asthma	Bacterial infections
Treatment	
There is no specific treatment for the common cold	Prescription antiviral medications can shorten how long flu symptoms last and may reduce the risk of complications.
Over-the-counter medication, such as ibuprofen, can help with symptoms.	Over-the-counter medication, such as ibuprofen, can help with symptoms.
Prevention	
No vaccine available	Annual vaccination (flu shot)
Wash hands often. Avoid close contact with anyone ill. Stay home when you are ill.	Wash hands often. Avoid close contact with anyone ill. Stay home when you are ill.

For More Information:
Contact the Sedgwick County
Health Department Epidemiology Program at
316-660-7300 or visit the Sedgwick County website at
www.sedgwickcounty.org.