



Sedgwick County...
working for you

Division of Health

FACTS&details

about Sedgwick County Government

February 2018

Cold vs. Flu (Influenza)

Cold	Seasonal Flu
Symptoms	
Low-grade or no fever	High fever, 101 degrees or above or feeling feverish/chills
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 one week	A few days 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:

Sedgwick County Division of Health
Epidemiology Program
316-660-7300
1900 E. 9th St., Wichita, Kansas 67214
www.sedgwickcounty.org