

Cold vs. Flu

As the weather turns colder we begin the “cold and flu” season. Many times these two terms are used interchangeably, but there are differences. The flu and the common cold are both respiratory illnesses but they are caused by different viruses. In general, the flu is more severe than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more intense. The symptoms of the flu usually come on suddenly. Cold symptoms are usually milder than the flu and include a runny or stuffy nose. Also, colds generally do not result in serious health problems, such as pneumonia. Because the cold and flu share many symptoms, it can be difficult to tell the difference between them based on symptoms alone. For complete handouts on the cold and the flu and what you can do to protect yourself from both, come into Homer Drug Co. or Tiger Town Pharmacy.