

# Cold and Flu

Both the common cold and flu (influenza) are viral infections of the air passages that affect the nose and throat. Both have many similar symptoms, but the flu is more severe and spreads faster through coughing, sneezing or direct contact.

Symptoms of Cold	Symptoms of Flu
<ul style="list-style-type: none"><li>• mild sore throat</li><li>• runny or stuffy nose</li><li>• sneezing</li><li>• watery eyes</li><li>• mild fever</li><li>• cough</li></ul>	<ul style="list-style-type: none"><li>• sore throat</li><li>• runny or stuffy nose</li><li>• watery eyes</li><li>• fever with chills</li><li>• cough</li><li>• headache, body aches</li><li>• tiredness or weakness</li><li>• loss of appetite</li></ul>





## What you can do

- Get plenty of rest.
- Take plenty of fluids, particularly warm fluids. Do not take alcohol.
- Minimise physical contact with others to prevent spreading the infection.
- Avoid vigorous activities.
- Take paracetamol to relieve the fever. Do not give aspirin to children under 16 years of age.
- For coughs, take a cough suppressant for dry cough (no phlegm) and an expectorant for wet cough (with phlegm).

### ***You can prevent cold and flu by:***

- avoiding direct contact with infected persons
- exercising regularly and taking a balanced diet
- avoiding crowded places, especially when there is an outbreak.



## When to see your doctor

See your family doctor when:

- babies, young children or the elderly have the flu
- there is any chest pain
- there is any smelly or thick nose discharge or phlegm
- the cold or flu symptoms persist for more than 5 days
- breathing is difficult and painful
- there is earache
- the throat is very painful.