

Cold symptoms include:

- Nasal congestion
- Runny nose
- Sore throat
- Sinus pain
- Cough
- Fever



Flu symptoms include:

- Fever
- Headache
- Muscle pain
- Nasal congestion
- Sore throat
- Cough
- Fatigue



In the U.S., an estimated *25-50 million* cases of the flu and *1 billion* cases of the common cold are currently reported each year.

-FluFacts.com & Organized Wisdom Health

Know the difference between the
Common Cold & Flu
and how you can prevent yourself and your family from getting sick...



- 1) ***Wash Your Hands!*** Your best protection from the common cold & flu is thorough hand washing. Amazingly, about 80% of contagious diseases are transmitted by touch. Washing your hands while using warm water & soap gets rid of potentially harmful germs.
- 2) ***Don't Touch Your Face!*** Cold & flu viruses enter your body through the eyes, nose, or mouth. Touching their faces is a major way kids catch colds, & a key way they pass colds on to their parents.
- 3) ***Get Fresh Air!*** A regular dose of fresh air is important, especially in cold weather when central heating dries you out & makes your body more vulnerable to cold & flu viruses. Also, more people stay indoors during cold weather which means more germs are circulating in crowded, dry rooms.
- 4) ***Do Aerobic Exercise Regularly!*** Aerobic exercise speeds up the heart to pump larger quantities of blood; makes you breathe faster to help transfer oxygen from your lungs to your blood; & makes you sweat once your body heats up. These exercises help increase the body's natural virus-killing cells.
- 5) ***Eat foods containing Phytochemicals!*** "Phyto" means plants, & the natural chemicals in plants give the vitamins in food a supercharged boost that helps your immune system! Eat dark green, red, & yellow fruits & vegetables. - WebMD