



## Is it a **Cold**, the **Flu** or a **Stomach Virus**?

	COMMON COLD	SEASONAL FLU	STOMACH VIRUS
Cause	Different viruses (rhinovirus, etc.)	Influenza A or B virus	Virus or bacteria (rotavirus, food poisoning)
Sore throat	Common	Sometimes	No
Stuffy/runny nose	Common	Sometimes	No
Cough	Sometimes	Usually	No
Chills/pains/aches	Uncommon	Yes	Common
Headache	Uncommon	Yes	Sometimes
Fever	Rare	Yes (100-102°F)	Sometimes
Extreme fatigue	Uncommon	Yes	Sometimes
Vomiting/diarrhea	No	Uncommon (more likely in kids)	Usually
Treatment	Rest, hydrate and consider using over the counter (OTC) drugs to ease symptoms.	Rest, hydrate and consider using OTC drugs to ease symptoms.	Rest and hydrate.
Prevention	Wash hands. Avoid contact with sick people.	Get yearly flu shot. Wash hands. Avoid contact with sick people.	Wash hands. Wash fruits/veggies. Cook seafood fully.