



## Winter Wellness Tip *Cold vs Flu*

### SCL Physicians-Occupational Medicine

SCL Physicians-Occupational Medicine is a one stop shop for your workers' compensation injury care and employee testing (pre-hire or annual employment exams) needs in the Denver Metro area. If you have any questions regarding our services or would like to speak to us about setting up an account, please reach out to Jerad Degenhart at 303-272-0755. Our wellness tip is cold versus the flu.

### What is the difference between the two?

The Flu and Common Cold are both respiratory illnesses, but they are caused by a different virus. Because these two types of illnesses have similar flu-like symptoms; it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems such as pneumonia, bacterial infections or hospitalizations.

### How can you tell the difference between them?

Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can be carried out, when needed to tell if a person has the flu=The Influenza A & B Test.

Your Primary Care Physician or Urgent Care Center can test you for the flu. It is **imperative that you make an appointment no later than 48 hours of symptoms. (So we can treat you with Flu Antivirals & help make you feel better faster)**

What are the **symptoms** of the flu versus the symptoms of a cold?

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