

FLU vs COLD vs GASTROENTERITIS

What Can I Do To Not Feel So Bad?

Symptoms	FLU	COLD	GASTROENTERITIS
Fever	High Temp >102 Sudden Onset Lasts 3 - 4 days	Rarely	Occasionally
Headache	Can Be Severe	Rarely	Sometimes
Fatigue and Weakness	Extreme, lasting for 2 -3 weeks Difficulty doing anything	Mild Can usually keep regular activity	Common
Body Ache and Pain	Usually, often severe	Sometimes	Rare, except for abdominal cramps
Diarrhea	Rare	Rare	Moderate to severe with wet stools and abdominal cramps lasting up to 10 days Occasional vomiting
Runny, Stuffy Nose	Sometimes	Common	Rare
Sneezing	Sometimes	Common	Rare
Sore Throat	Sometimes	Common, especially at the start	Rare
Coughing	Extreme, and severe	Mild to moderate, Hacking cough	Rare
Complications	Bronchitis, Pneumonia, can be life threatening	Sinus congestion Earache	Dehydration, Electrolyte abnormality
Prevention	Annual flu shot Wash Hands often Use tissues Don't share drinks, utensils Eat well and exercise and get enough sleep Avoid other people with the flu	No vaccine is available Wash hands often Use tissues Don't share drinks, utensils Eat well and exercise and get enough sleep Avoid others with cold	No Vaccine is available Wash Hands often Disinfect contaminated surfaces Promptly wash soiled articles of clothing Avoid contaminated food or water