




It's Cold and Flu Season in Lewis County!

Colds and Flu are respiratory illnesses caused by viruses.
Our immune systems produce antibodies to fight the viruses that make us sick.

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| What is the difference between a cold and the flu? | COLD | FLU |
| How it starts | A cold comes on slowly. At first you may have a sore throat, then a stuffy nose, followed by a cough on the 4th or 5th day | The flu hits hard. Symptoms like a high fever, body aches and headache will strike within a few hours. |
| Symptoms | | |
| Tiredness/Fatigue | Mild | Moderate to severe, especially at onset of symptoms |
| Head and Body Aches and Pains | Not common; will be mild if present | Moderate to severe; headache in up to 80% of cases |
| Chills and Fever | Rarely above 101°F/38.5°C; more likely in children | 60% will have chills; fever of 100°F/38°C or more for 3-4 days in up to 80% of cases; fever can be higher in children |
| Sore Throat | Yes, for a day or 2 | sometimes |
| Stuffy Nose and Sneezing | Yes | Not usually |
| Cough | Yes-will often be a hacking, mucus-producing cough | Usually a dry, non-productive cough |
| Chest Discomfort | Mild to moderate | Can be severe |
| Can colds and flu lead to serious health problems? | | |
|  | Colds do not generally result in serious health problems. | The flu may result in serious health problems such as pneumonia, bacterial infections and hospitalizations. |
| Is there a vaccine to prevent colds and the flu? | | |
|  | No, but washing your hands and keeping fingers away from your nose, eyes and mouth can help you avoid viruses that cause colds. | Yes. Flu vaccine is the best way to protect yourself, your family and your community from this serious disease and its complications. Everyone, 6 months of age and older, should get the flu vaccine every year. |
| WARNING! | | |
| Call your healthcare provider if you have any of these symptoms! | <ul style="list-style-type: none"> ➤ A fever that doesn't go away or goes away and comes back ➤ Painful swallowing ➤ Coughing that lasts more than 2 or 3 weeks ➤ Congestion and pain around the eyes and face that stick around for a week or more ➤ Stiff neck | |
| More information: | https://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Flu https://www.cdc.gov/flu/index.htm https://www.webmd.com/cold-and-flu/flu-cold-symptoms#1 | |
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