

Common Cold and Flu



Most people do not know the difference between the common cold and the flu, likely because both are respiratory tract infections and have similar symptoms.

While the common cold can be annoying, its symptoms, which include runny nose, sneezing, sore throat, and cough, are harmless. Recommendations include bed rest and drinking plenty of fluids.

Influenza, or the flu, is a much more serious infection. Symptoms include fever, chills, muscle aches, weakness, and headache.

