

## Symptoms – differences between flu and colds

Influenza is caused by a virus which primarily attacks the respiratory system – the nose, throat and bronchial tubes, and occasionally the lungs. The infection usually lasts for one week.

The virus is passed from person to person by droplets and small particles which are produced by an infected person when they cough or sneeze. The flu virus enters the body through the nose, mouth or the mucous membrane of the eyes. One to four days may elapse before the symptoms develop. Someone with flu can be infectious one day before the symptoms develop and up to seven days thereafter.

### Differences between flu and colds

	Influenza	Common cold
Season	Only during an epidemic	Possible all year round
Symptoms appear	Suddenly and acutely	Gradually and slowly
High temperature	Yes, sudden rise to > 38 °C	No, slightly raised temperature at worst
Cough	Dry irritable cough	Productive cough
Headache and aching limbs and muscles	Yes, severe	No, less severe
Feeling unwell	Extremely	Slightly
Head cold	Slight	Heavy
Sore throat/pain on swallowing	No	Yes
Sore chest	Yes	Yes

**If you are suffering from the flu symptoms listed above, please see a doctor without further delay. The doctor will make a diagnosis and decide whether you need to take any kind of medication.**