

Cold? Or Flu? Follow the Signs.

Both the common cold and the flu are infections typically affecting the respiratory tract. Flu symptoms are generally worse than a cold, but the best ways to fight both are with plenty of fluids and rest. Cold and flu are caused by viruses, which means they aren't treated with typical bacteria-killing antibiotics. However, flu can be treated or prevented with an antiviral medication called Tamiflu® (oseltamivir).

Here are a few of the common respiratory symptoms* related to colds and flu. If symptoms worsen or continue, call your doctor.

SIGNS AND SYMPTOMS	COLD	FLU
SYMPTOM ONSET	GRADUAL	SUDDEN
FEVER	RARE	TYPICAL - HIGH (OVER 101°F) AND LASTING 3-4 DAYS
COUGH	HACKING	DRY, NONPRODUCTIVE; CAN BECOME SEVERE
HEADACHE	RARE	PROMINENT
ACHING MUSCLES	SLIGHT	USUAL; OFTEN SEVERE
FATIGUE / WEAKNESS	MILD	USUAL; LASTING UP TO 2-3 WEEKS
EXTREME EXHAUSTION	RARE	EARLY AND PROMINENT
STUFFY NOSE	COMMON	SOMETIMES
SNEEZING	COMMON	SOMETIMES
SORE THROAT	COMMON	SOMETIMES

TIPS TO STAY HEALTHY DURING COLD AND FLU SEASON

- Get your flu shot. A flu shot will not only help protect you from the flu, but will help protect your family, friends and colleagues as well.
- If someone you know has a cold or the flu, give them space. Viruses may be spread through close contact.
- Clean surfaces regularly.
- Avoid touching your eyes, nose and mouth.
- Wash your hands regularly.
- Avoid sharing cups, utensils or towels.
- Eat a well-balanced, healthy diet and drink plenty of water.
- Get a good night's sleep.
- Stay home if you are sick.
- Cover your nose and mouth with a disposable tissue when you sneeze or cough.

TELADOC® HELPS YOU FEEL BETTER, FASTER**

Think you have a cold or the flu, but you can't get in to see your primary care doctor – or you're traveling away from home? Your telemedicine benefit provided through Teladoc puts you in touch by phone, mobile app or online video with a U.S. board-certified doctor anytime, anywhere. Learn more at independenthealth.com/telemedicine.

QUESTIONS?

Call Independent Health Member Services at (716) 631-8701 or 1-800-501-3439 (TTY: 711), Monday – Friday, 8 a.m. – 8 p.m.

* Source: 2019 Centers for Disease Control and Prevention (CDC); www.cdc.gov/flu/symptoms/coldflu.htm

** Teladoc does not replace the primary care physician.

