

SIGNS & SYMPTOMS	COLD	FLU
Fever	Occasional	Often above 38.5 C for 2-4 days
Headache	Frequent, but not severe	Prominent and often severe
Aches/pains	Slight	Often severe
Fatigue/weakness	Mild	Can last 2-3 weeks
Extreme exhaustion	Never	Early and prominent
Stuffy nose	Common	Occasional
Sore throat	Common	Occasional
Cough	Hacking	Can be severe
Chest congestion	Mild to moderate	Common, can become severe
Onset	Gradual (develops over a day or two)	Sudden (within a few hours)
Cause	200 strains of cold virus	3 strains of influenza virus

Keep this handy reference on your fridge. If you or any of your family members become ill book an appointment to have it resolved as quickly as possible. **Call: (416) 237-0069** to book an appointment with Jocelyn McTavish, RHN, DSHomMed, Holsitic Nutritionist & Homeopath at **Hands on Health Family Chiropractic** 4939 Dundas Street West, Toronto, Ontario M9A 1B6.