

KNOW THE DIFFERENCE: FLU VS COLD

Flu, also known as influenza, and the common cold are caused by different viruses and affect the body in different ways. Both spread easily between people, making it important to understand these common respiratory illnesses and how they impact our health.

FLU

Appears rapidly.
Usually within a
few hours

vs.

COLD

Appears
gradually

FLU

Affects more
than just your
nose and throat

vs.

COLD

Affects mainly
your nose and
throat

FLU

Makes you feel
exhausted and too
unwell to carry on
as normal or leave
the house

vs.

COLD

Makes you feel unwell
but still able to do
everyday activities

