



Cold, Influenza or Upset Stomach: Know the Difference

COLD

A cold is a contagious respiratory illness caused by more than 100 different viruses

- Runny or stuffy nose
- Sneezing
- Sore throat
- Mild cough
- Mild aches
- Fatigue
- Fever (young children)

- Frequent handwashing
- Covering your cough by coughing into the bend of your elbow

- Over-the-counter cold medicines
- Vitamin C
- Drink plenty of fluids
- Stay home

WHAT CAN YOU DO

HOW CAN YOU PREVENT

SYMPTOMS CAN INCLUDE

INFLUENZA

The influenza is a contagious respiratory illness caused by influenza viruses

- Sudden onset
- Fever
- Chills
- Runny or stuffy nose
- Body aches
- Fatigue
- Headache
- Sore throat
- Hacking cough
- Vomiting (young children)
- Diarrhea (young children)

- Yearly influenza vaccine
- Frequent handwashing
- Covering your cough by coughing into the bend of your elbow

- Over-the-counter influenza medicines
- Prescription influenza medicine
- Bed rest
- Drink plenty of fluids
- Stay home

WHAT CAN YOU DO

HOW CAN YOU PREVENT

SYMPTOMS CAN INCLUDE

UPSET STOMACH

Upset stomach, sometimes called “stomach flu” isn’t the flu at all. An upset stomach is inflammation of the lining of the stomach and intestines. Several different germs can cause an upset stomach, which is highly contagious and common.

- Watery diarrhea
- Vomiting
- Nausea
- Headache
- Fever
- Chills
- Abdominal pain (cramping)

- Frequent handwashing
- Don’t share food, drinks or eating utensils with infected people
- Clean / Disinfect surfaces

- Over-the-counter anti-diarrhea and nausea medicines
- Drink plenty of fluids
- Avoid fatty and sugary foods, dairy products, caffeine & alcohol
- Stay home

WHAT CAN YOU DO

HOW CAN YOU PREVENT

SYMPTOMS CAN INCLUDE

Call HealthLine 811 or visit HealthLineOnline.ca for professional health advice anytime.



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