










SYMPTOMS		COMMON COLD	FLU
TIRED?		Mildly	Moderately to severely
FEVER?		Low grade fever	Fever higher than 100° F
CHILLS?		Rare	Common
BODY ACHES?		Slight, usually only headaches	Usual and often severe, affecting the entire body
HEADACHE?		Less common	Common
STUFFY NOSE?		Common	Less common
SORE THROAT?		Common	Less common
COUGH?		Hacking cough that brings up mucus	Dry, tickly, unproductive cough
CHEST DISCOMFORT?		Mild-to-moderate	Often severe

COLD VS. FLU: Know the Difference

Here are some things you can do to prevent contracting the flu:

- Wash your hands
- Disinfect your phone, work/play area, door handles, favorite pens, etc.
- Wipe off grocery cart handles
- Disinfect gym equipment before and after use
- Use a paper towel to open bathroom doors
- Eat a nourishing diet with healthy fats and a rainbow of veggies
- Take a vitamin D supplement
- Sleep 7-9 hours/night
- Manage stress
- Feed your gut flora