

## Is It a Cold or the Flu?



**Directions: Read the information. Then fill in the chart.  
Put a ✓ in the box. The first one is done for you.**

Do you have a stuffy nose, sore throat, or sneezing? You may have a cold.  
Are you tired, do you have a fever, headache and body aches? You may have the flu.  
Coughing can be a sign of either a cold or the flu. But a bad cough usually is the flu.

Symptoms	Cold	Flu
Body Aches		✓
Cough		
Feel Tired		
Sneezing		
Headache		
Fever		
Sore throat		
Stuffy nose		

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Feel Tired		
Sneezing		
Headache		
Fever		
Sore throat		
Stuffy nose		

### Is is a cold or the flu?

1. Rosa has a fever. She has a headache and body aches too.  
Rosa probably has the flu.
2. Tran is sneezing. He doesn't have a fever.  
Tran probably has \_\_\_\_\_.
3. Zakia has a cough. It is very bad. She has body aches and feels chilled.  
Zakia probably has \_\_\_\_\_.
4. Jenny has a stuffy nose. She doesn't feel very sick.  
Jenny probably has \_\_\_\_\_.
5. Eura has \_\_\_\_\_.  
She probably has the flu.
6. Vladimir has \_\_\_\_\_.  
He probably has a cold.

Now look at this chart.

<b>If You Want to Do This:</b>	<b>Choose Medicine With This:</b>
Open a stuffy nose (help you breathe)	<b>Nasal decongestant</b>
Quiet a cough	<b>Cough suppressant</b>
Loosen mucus so you can cough it up	<b>Expectorant</b>
Stop runny nose and sneezing	<b>Antihistamine</b>
Ease fever, headaches, minor aches and pains	<b>Pain Reliever (Analgesic)</b>

What medicines will help

Rosa

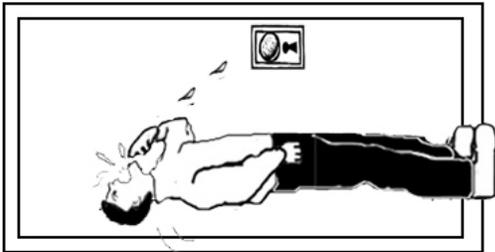
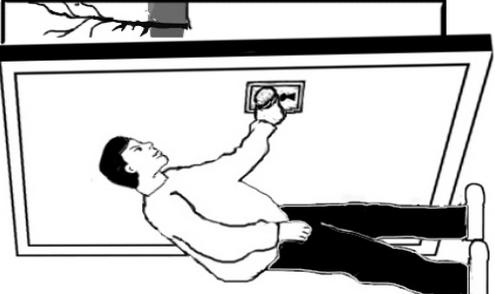
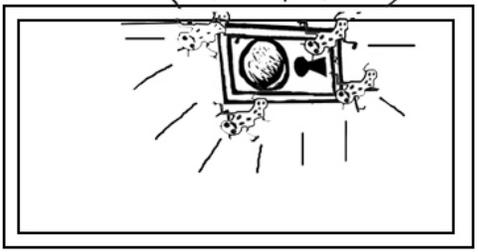
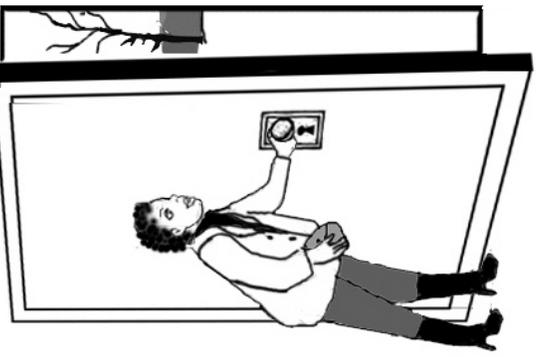
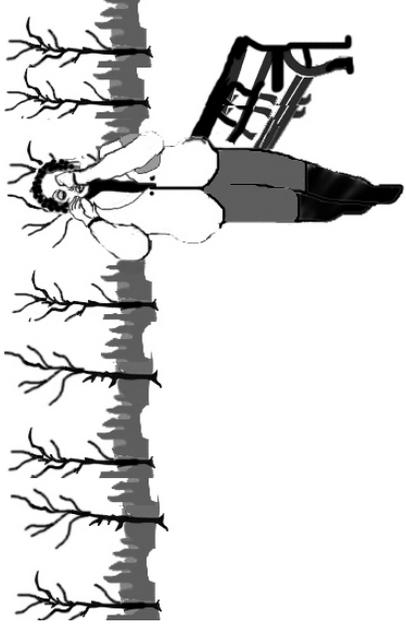
Tran

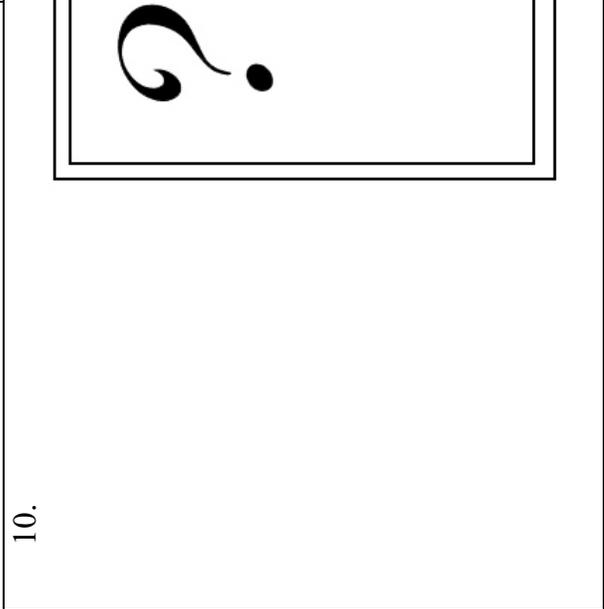
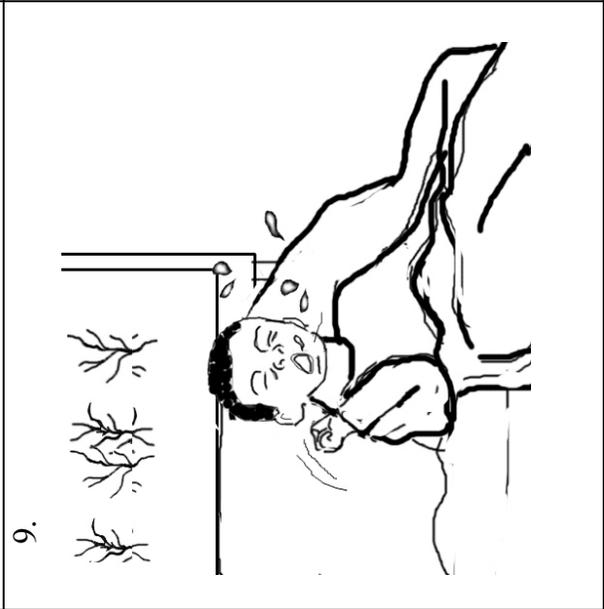
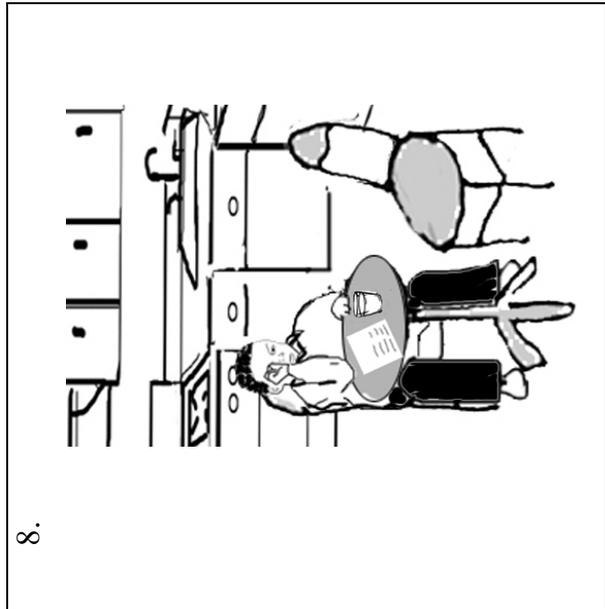
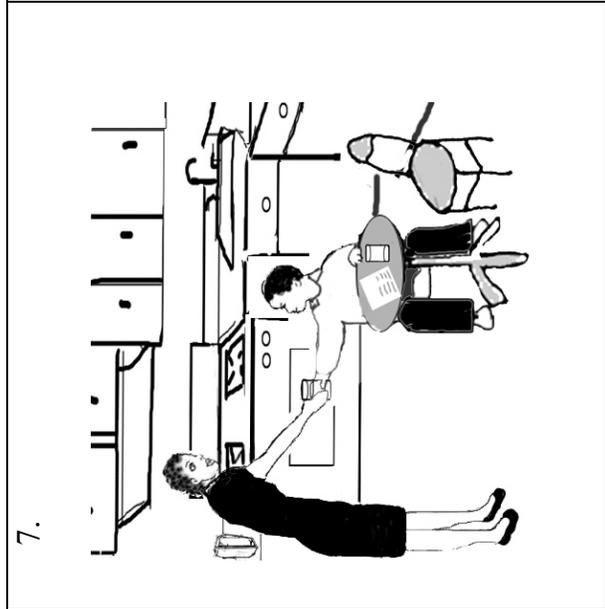
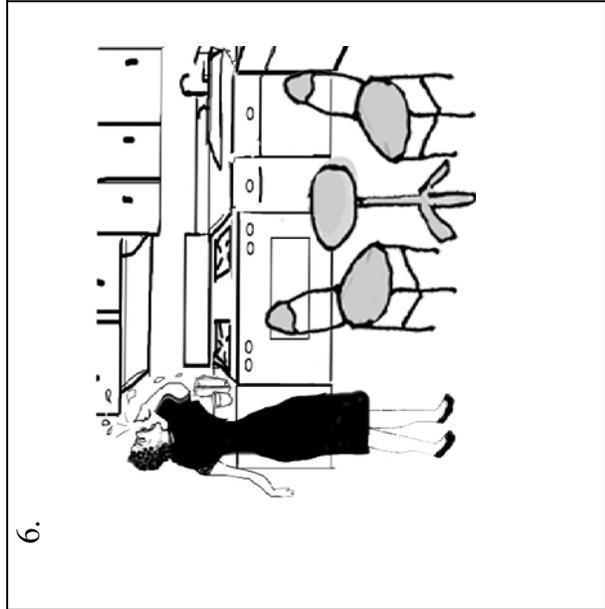
Zakia

Jenny

Eura

Vladimir

<p>1.</p> 	<p>2.</p> 	<p>3.</p> 
<p>4.</p> 	<p>5.</p> 	



Name \_\_\_\_\_ Date \_\_\_\_\_

# I don't want a cold!!! What can I do???

1.



4.



2.



5.



3.



## Should I call the Doctor?

You sneeze, or you have a sore throat. Is it the flu? Is it a cold? Do you need to call the doctor?

No, you usually do not have to call your doctor. But sometimes calling the doctor is important. Call your doctor if.....

- Your symptoms get worse.
- Your symptoms continue for many days.
- You have signs of a more serious problem. For example, vomiting, high fever, shaking chills, chest pain, or coughing with thick, yellow-green mucus.

Adapted from the FDA's Easy to Read Publication, *“What to Do for Colds and Flu.”*  
[www.fda.gov](http://www.fda.gov)

## Should I call the Doctor?

Talk with a classmate.

Put a check by the correct answers.

Call the doctor if.....

You are sick for 2 days.	
You have a bad cough with thick, yellow-green mucus.	
You have a high fever.	
Your symptoms get better.	
Your symptoms continue for many days.	
You sneeze.	
Your symptoms get worse.	
Your throat hurts for one day.	

## Do I need a flu shot?



Many people can \_\_\_\_\_ a flu shot. But for some people, a flu shot is very \_\_\_\_\_.

Are you \_\_\_\_\_ years old or older?

Do you have a special health \_\_\_\_\_, for example asthma or heart disease?

Do you visit or \_\_\_\_\_ with older people or people with health problems?

A flu shot may be important for you. Talk to your \_\_\_\_\_ or health care provider.