




| Signs and Symptoms | Cold  | Influenza (Flu, Seasonal Flu)  | Gastroenteritis (Stomach Flu)  |
|---|--|--|--|
| Symptom onset | Symptoms appear gradually | Symptoms can appear suddenly, for instance, within 3 to 6 hours | Varies depending on cause |
| Fever | Rare | Usually present | Sometimes |
| Aches | Slight | Usual, often severe | Sometimes |
| Chills | Uncommon | Fairly common | Sometimes |
| Headache | Uncommon | Common | Sometimes |
| Tiredness | Mild | Moderate to severe | Sometimes |
| Congestion | Common | Common | Rare |
| Chest discomfort | Mild to moderate | Often severe | Rare |
| Coughing | Hacking, wet cough | Dry cough | Rare |
| Sneezing/runny nose | Common | Uncommon | Rare |
| Sore throat | Common | Uncommon | Rare |
| Abdominal cramps/ stomach pain | Rare | Uncommon | Common |
| Nausea/Vomiting | Rare | Uncommon | Common |
| Diarrhea | Rare | Uncommon | Common |
| Causes | Viruses, especially Rhinoviruses | One of the Influenza Viruses | Viruses, bacteria, parasites, especially Noroviruses |
| Prevention | <ul style="list-style-type: none"> • Get enough sleep • Wash hands before touching your face, applying lip balm, preparing food and eating. • Get plenty of fluids • Avoid tobacco and alcohol | <ul style="list-style-type: none"> • Influenza (Flu) Vaccine • Get enough sleep • Wash hands before touching your face, applying lip balm, preparing food and eating. • Get plenty of fluids • Avoid tobacco and alcohol | <ul style="list-style-type: none"> • Wash hands before touching your face, applying lip balm, preparing food and eating. Wash hands after using the bathroom. • “Don’t drink the water” when traveling to underdeveloped parts of the world. • Avoid foods that have triggered stomach problems in past • Get enough sleep |