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Time and money savers for busy Birmingham moms

SYMPTOMS:	IF IT'S A COLD...	IF IT'S SWINE FLU...
Fever	Children may have a mild fever with a cold.	High fever is present in 80% of all flu cases. 100°F or higher for 3-4 days is common.
Headache	Occasionally	Common
Body Aches	Slight	Severe
Cough	A productive (mucus-producing) cough is often present with a cold.	A non-productive, "dry" cough is usually present with the flu.
Stuffy Nose	Common	Sometimes
Sneezing	Common	Almost never
Fatigue	Almost never	Frequently; can last 3 weeks
Sore Throat	Common	Sometimes

If you already have flu or cold symptoms, it's important to

CALL YOUR DOCTOR IF YOU ALSO HAVE ANY OF THE FOLLOWING SYMPTOMS:

- *Persistent fever* - This can be a sign of a bacterial infection that should be treated.
- *Painful swallowing* - Although a sore throat from a cold or flu can cause mild discomfort, severe pain could mean strep throat, which requires treatment by a doctor.
- *Persistent coughing* - When a cough doesn't go away after two or three weeks, it could be bronchitis, which may need an antibiotic. Postnasal drip or sinusitis can also result in a persistent cough.
- *Persistent congestion and headaches* - When colds and allergies cause congestion and blockage of sinus passages, they can lead to sinus infection. If you have pain around the eyes and face with thick nasal discharge after a week, you may have a bacterial infection and need an antibiotic.

IN SOME CASES, YOU MAY NEED TO GET MEDICAL ATTENTION IMMEDIATELY.

In adults, signs of a crisis include:

- Severe chest pain
- Severe headache
- Shortness of breath
- Dizziness
- Confusion
- Persistent vomiting

In children, signs of an emergency are:

- Difficulty breathing or rapid breathing
- Bluish skin color
- Not drinking enough fluids
- Lethargy and failure to interact normally
- Extreme irritability or distress
- Symptoms that were improving and then suddenly worsen
- Fever with a rash