Ever wonder if your illness is the cold or flu? Here are some helpful tips to tell the difference.

**COLD**

*Cause:* Virus

*Description:* Infection that can include the nose, throat, sinuses, bronchial tubes, eustacian tubes and trachea.

*Common Symptoms:* Stuffy or runny nose, congestion, coughing, sneezing, and sore throat.

*When to see a doctor:* If, after 10 days, the cold is not better or is worse, this could mean you have developed a sinus, ear, or throat bacterial infection.

*(Biography Magazine, January 2000, A&E Television Networks)*

**FLU**

*Cause:* Virus

*Description:* Acute infection that can include the throat, bronchial tubes, and lungs which can lead to bacterial pneumonia.

*Common Symptoms:* Sudden high fever (usually over 101°F), joint/muscle aches, dry cough, headache, sore throat, and exhaustion.

*When to see a doctor:* If fever lasts more than 2 days, or there is no improvement after 5 days, you could have developed sinus, bronchial, or a lung bacterial infection.