Cold OR Flu?

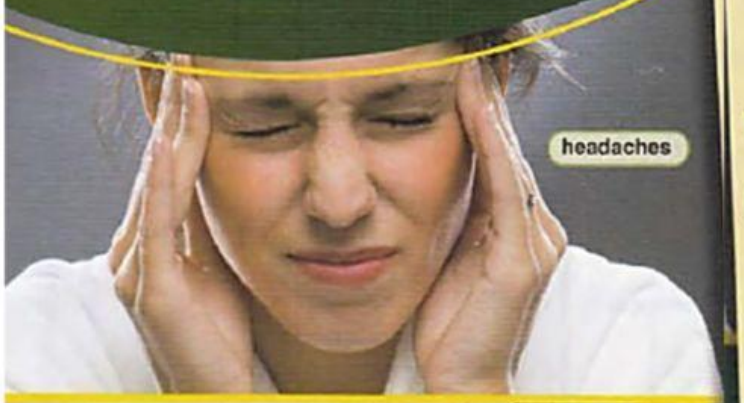
Know the Difference

It's flu season again. Knowing the difference between the flu and a cold saves lives. It's easy to get confused because a **stuffy nose**, sneezing, and **sore throat** are all symptoms of both diseases. Review the following conditions and symptoms to tell the difference.

With colds, patients get **moderate** cases of **coughs** at the worst. With the flu, coughing can become quite **severe**.

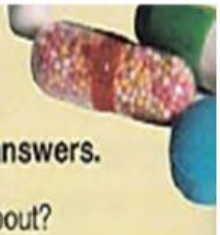
The flu also causes severe **aches** and **fatigue**. **Strong headaches** are a common flu symptom as well. In colds, these symptoms are usually **mild**. Colds rarely cause a high fever. In the flu, however, a high **fever** is one of the disease's main characteristics.

Remember, early diagnosis of the flu saves lives.





Reading



2 Read the hospital poster. Then, choose the correct answers.

1 What is the poster talking about?

A how to prevent the flu and colds
B telling colds and the flu apart
C different cures for the flu and colds
D reducing a severe fever in colds and the flu

2 What of the following is NOT a sign of a cold?

A aches
B high fever
C sneezing
D coughing

3 What can you infer about the flu?

A It has no effective treatment.
B It causes a moderate stuffy nose.
C It is passed to others more quickly than colds.
D It occurs more frequently at certain points of the year.

Vocabulary

3 Match the words (1-6) with the definitions (A-F).

1 _ headache
2 _ severe
3 _ fever
4 _ ache
5 _ sore throat
6 _ mild

A an unpleasant pain in the body
B a pain in the head
C an inflammation in the neck passage
D slight
E extremely strong
F a high body temperature

LIVEWORKSHEETS

Drag and drop

Complete with the correct words from the word bank.

word BANK

fatigue cough stuffy moderate

1 The woman's severe _____ suggests that she has the flu, not a cold.
2 The patient reports feeling _____ aches, but nothing too painful.
3 Anne is having trouble breathing because of her _____ nose.
4 Robert's _____ is so severe that he doesn't have the energy to get out of bed.

Listening

6 Listen to a conversation between a nurse and a patient. Mark the following statements as true (T) or false (F).

1 __ The man feels pain in his throat.
2 __ The man's nose is stuffy.
3 __ The woman suspects that the man has a cold.

7 Listen again and complete the conversation.

Nurse: Good morning, Mr. Thompson. Sorry you're not feeling well. What are your symptoms?
Patient: Well, I've got a 1 _____ _____ and I keep 2 _____ .
Nurse: Any sneezing? Or a 3 _____ _____?
Patient: No, not yet at least. I do have a 4 _____ .
Nurse: Are you feeling tired? Any 5 _____ or pains?
Patient: Yeah, I'm exhausted. And I feel really hot.
Nurse: That's likely a 6 _____ . Mr. Thompson, it sounds like you may have the flu.
Patient: Oh, really? I was hoping it was just a cold.



– STUFFY NOSE – ACHES – HEADACHE - FEVER - SORE THROAT – COUGHING

LIVEWORKSHEETS