

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.



headaches



stuffy

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 C sneezing
B high fever 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 | 4 __ ache |
| 2 __ severe | 5 __ sore throat |
| 3 __ fever | 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

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