

# 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.

fever

### Get ready!

① Before you read the passage, talk about these questions.

- 1 What are some common symptoms of colds and the flu?
- 2 Why is it important to recognize symptoms early?

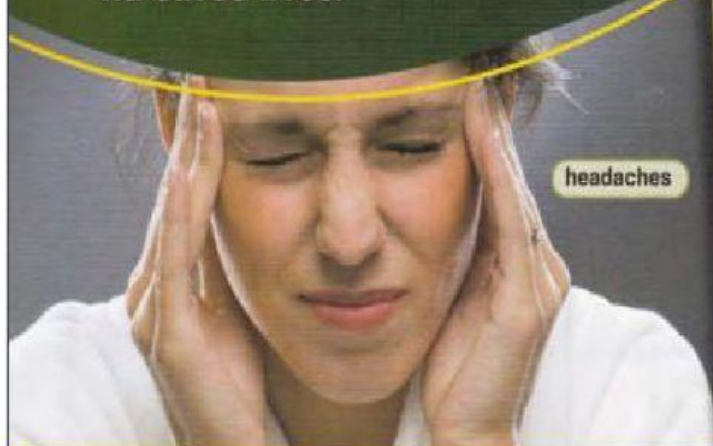
### Reading

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

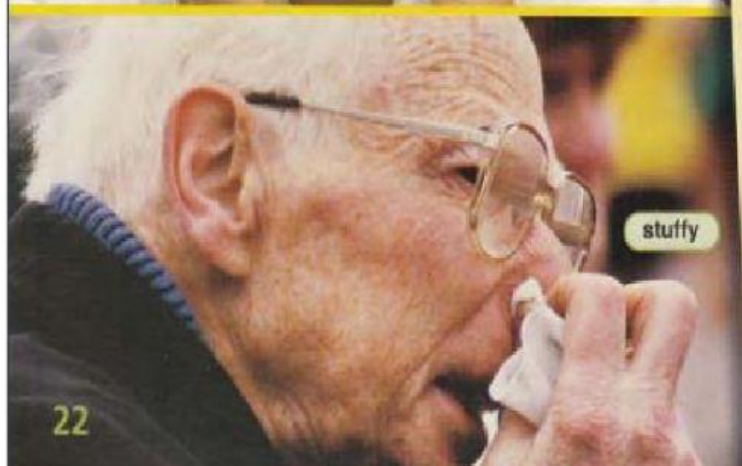
- 1 What is the poster talking about?  
A how to prevent the flu and colds  
B telling colds and the flu apart  
C different cures for the flu and colds  
D reducing a severe fever in colds and the flu
- 2 What of the following is NOT a sign of a cold?

main characteristics.

**Remember, early diagnosis of the flu saves lives.**



headaches



stuffy

- 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

- 4 Fill in the blanks 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.

- 5 Listen and read the poster again. Why is it difficult to distinguish between the flu and a cold?

## 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.

## Speaking

- 8 With a partner, act out the roles below based on Task 7. Then, switch roles.

**USE LANGUAGE SUCH AS:**

*What are your symptoms?*

*I do have a headache.*

*That's likely a fever.*

**Student A:** You are a nurse. You are trying to find out if a patient has a cold or the flu. Ask Student B questions to find out:

- symptoms
- sneezing
- aches and pains

**Student B:** You are a patient. Answer Student A's questions.

## Writing

- 9 Use the conversation from Task 8 to fill out the patient's report.



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.

LONGMAN HOSPITAL

## Patient Report

Patient Name: \_\_\_\_\_

Symptoms:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Diagnosis:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

