

# Colds & Flu

## ■ Symptoms

- Cold and flu viruses cause **runny noses, sinus congestion, sneezing, sore throat and cough.**
- Fever might also occur, usually with the flu.
- The classic symptoms begin 1-4 days after contact with the virus and usually last 5-7 days, but can linger on.
- It is difficult to tell the difference between colds and flu (especially in children).

