

Barrio Family Health Center - San Antonio

San Antonio, TX - 78207

210-434-2368

Hours of Operation Monday, Wednesday & Friday 8:00am to 5:00pm Services: Medical which includes: Family Medicine, Women's Health, Pediatrics, Dental, Behavioral Health, Ancillary Services which include: Pharmacy and Lab & X-Ray, and also Supportive Services which include: Public Housing

Centromed Walzem Clinic - San Antonio

San Antonio, TX - 78218

210-651-1050

General Medical Clinic. Contact for full details of services. Hours: M-F: 8-5
(without insurance \$40 with appointment \$45 walk in)

Know the Difference between a cold and flu symptoms

Symptom	Cold	Flu
Fever	Fever is rare with a cold	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100° F or higher for 3-4 days is associated with the flu
Coughing	A hacking, productive (mucus-producing) cough is often present with a cold.	A nonproductive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
Aches	Slight body aches and pains can be a part of a cold.	Severe aches and pains are common with the flu.
Stuffy nose	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the flu.
Chills	Chills are uncommon with a cold.	60% of people who have the flu experience chills.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu.
Sneezing	Sneezing is commonly present with a cold.	Sneezing is not common with the flu.
Sudden Symptoms	Cold Symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Headache	A headache is fairly uncommon with a cold.	A headache is very common with the flu present in 80% of flu cases.
Sore Throat	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the flu.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.

Adopted from the Baptist Hospital 10/11



How to prevent flu/cold

1. Good hand washing and coughing into your elbow.
2. Get plenty of rest. The recommendation is 8-10 hours a day.
3. Drink plenty of water. 6-8 glasses a day.
4. Dress appropriately. Dress in layers so that you can adjust to the changes in temperature between morning and afternoon.
5. Do not go outside with wet hair in the cold weather.
6. Maintain good nutrition so that your body doesn't get run down.
7. Get your flu shot.
8. Avoid people that are hacking, or that has a cold.
9. If someone in your area is sick clean the area and try to avoid as much as possible.