



Is it the flu?

Or the common cold?

Is it a cold or the flu?

Colds and the flu are alike in many ways, but **certain things are more common with one than the other**^{*1-3}.

	Cold	Flu
Symptoms begin slowly	✓	
Symptoms appear quickly		✓
Stuffy nose	✓	
Sneezing	✓	
Sore throat	✓	
Cough	✓	✓
Fever		✓
Muscle aches/pain		✓
Headache		✓
Fatigue/weakness		✓

*Symptoms may vary.

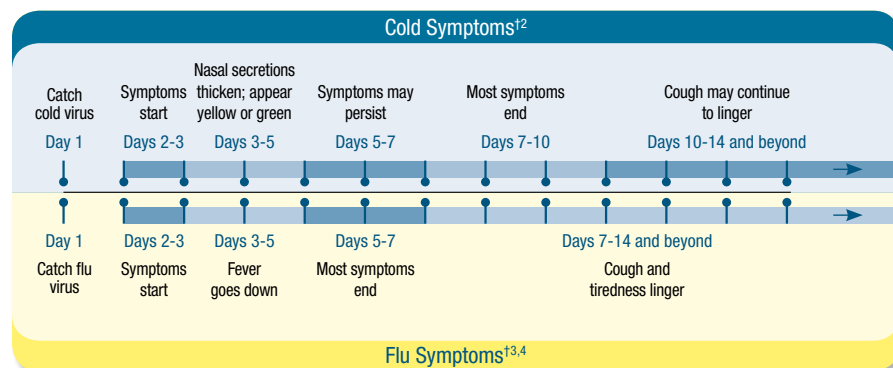
With a cold or the flu, severity and duration of symptoms may vary by individual. While many people may confuse colds and the flu, it's important to know that most people get a cold several times each year, and the flu only once every few years.³

When should I call the doctor?

Please consult product labels for direction on when to call your doctor. Advil®, Infants' Advil®, and Children's Advil® are intended to treat symptoms of colds and the flu. If you have any concerns about your illness, please contact your healthcare professional. For more information on when to contact your healthcare professional, please go to www.cdc.gov.

How long do cold and flu symptoms last?

The cold and flu viruses usually enter the body at the nose, eyes, or mouth.^{2,3} From there, colds and the flu may progress as follows:



¹Nature and duration of symptoms may vary.

How can I treat cold and flu symptoms at home?

Relieve the symptoms—

- **Infants' Advil®** (6-23 months)—for fever, minor aches and pains due to the common cold, flu, and headache
- **Children's Advil®** (2-11 years)—for fever, minor aches and pains due to the common cold, flu, sore throat, and headache
- **Advil®** (12 years and up)—for fever, headache, and the minor aches and pains associated with colds and the flu

Rest—make sure to get plenty of rest, both day and night^{2,3}

Drink lots of liquids—drink a lot of water or juice throughout the day^{2,3}

Moisten the air—use a humidifier or vaporizer to help ease congestion and coughing⁵

How can I help protect myself and my family from colds and the flu?

Help stop the spread of germs.

- Wash hands frequently⁶
- Avoid touching the nose, eyes, and mouth⁶
- While coughing or sneezing, cover the nose and mouth with your arm (not hands)⁶

For additional tips and information, visit www.flu.gov and www.cdc.gov/flu.



Which product can provide relief for your symptoms?

Use this guide to match specific symptoms to the product designed to treat those symptoms.
Be sure to ask your doctor which product is right for you or your child.



**Infants' Advil®
Concentrated Drops**

**Children's Advil®
Suspension**

Advil®

**Advil®
Liqui-Gels®**

Ages	6-23 months	2-11 years	12 years and up	12 years and up
Fever	✓	✓	✓	✓
Minor muscle aches/pains	✓	✓	✓	✓
Sore throat		✓	✓	✓
Headache	✓	✓	✓	✓

What is the right way to dose OTC medication?

- Use the dosing device that comes with the product
- Follow the instructions on the package and bottle—do not give adult-strength medicine to a child
- Never use 2 or more medicines at the same time that have the same active ingredient
- Do not use cough and cold medicines to make a child sleepy



As always, if you have concerns, call your doctor.

References: 1. Is it a cold or the flu? National Institute of Allergy and Infectious Diseases Web site. <http://www.niaid.nih.gov/topics/flu/documents/sick.pdf>. Published November 2008. Accessed June 30, 2010. 2. Common cold. Medline Plus [database online]. Bethesda, MD: National Institutes of Health; 2010. <http://www.nlm.nih.gov/medlineplus/print/ency/article/000678.htm>. Updated January 10, 2010. Accessed July 1, 2010. 3. The flu. Medline Plus [database online]. Bethesda, MD: National Institutes of Health; 2010. <http://www.nlm.nih.gov/medlineplus/ency/article/000080.htm>. Updated January 10, 2010. Accessed June 30, 2010. 4. Flu (influenza). National Institute of Allergy and Infectious Diseases Web site. <http://www3.niaid.nih.gov/topics/Flu/understandingFlu/Symptoms.htm>. Accessed July 1, 2010. 5. How is cough treated? National Heart Lung and Blood Institute Web site. http://www.nhlbi.nih.gov/health/dci/Diseases/cough/cough_treatments.html. Accessed July 1, 2010. 6. Seasonal flu information for schools & childcare providers. Centers for Disease Control and Prevention Web site. <http://www.cdc.gov/flu/school/index.htm>. Updated July 1, 2009. Accessed July 1, 2010.