

CommonHealth Weekly Wellnote

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Cold vs. Flu

While a cold can be a mild illness, the flu can cause more severe symptoms. In each condition's earliest stages, it can be hard to tell the difference. Here's a quick guide that may help you.

When it's a cold:

- You usually don't have a fever and symptoms seem to come on gradually.
- You'll have a runny or stuffy nose, plus sneezing and a sore throat.
- You won't usually have body aches.

When it's the flu:

- You'll usually have a fever and symptoms come on quickly.
- You'll have body aches, fatigue, and nausea/vomiting.
- You can sometimes experience a stuffy nose, sneezing or a sore throat.



Fuel Movement with Back on Track

As National Nutrition Month® winds down, let's celebrate the ways food helps to fuel our physical activity. From doing activities of daily living to dancing for fun to battling it out on the baseball field--the food we eat gives our muscles the nutrients they need to move us.



CommonHealth is excited to launch **Back on Track** this spring, a new campaign with a focus on activity and pain prevention. Stay tuned for more details!



New YouTube Videos Available

CommonHealth has been busy posting new videos to our YouTube channel. Some of our recent adds include:

Mental Health Minutes: SAD

Learn more about Seasonal Affective Disorder (SAD)

Heart Opening Stretches

Increase flexibility in the chest, sides, and upper back

5 Heart Healthy Eating Tips

Explore quick tips for more heart healthy eating

Visit our [YouTube Channel](#) to check out these videos and more!

**CommonHealth's
YouTube Channel**

A Little Bit Healthier This Week

While alcohol consumption can be a touchy subject, it's an important one to consider.

It's recommended that we drink alcohol in moderation or not at all to help reduce a variety of health risks, including colorectal cancer and kidney disease.

See the attachments from Anthem to learn more about colorectal cancer and kidney health as we raise awareness about both via health observances in March.

Scan the QR code or visit the CDC's Dietary Guidelines for Alcohol website.

