



COLD vs. FLU

KNOW THE DIFFERENCE

Cold and flu season is here. Are you coming down with a cold? Or is it the flu?



COLD

Rare

Uncommon

Uncommon

Uncommon or mild

Common

Common

Common: mild/moderate

Mild

SYMPTOMS

Fever

Chills

Headache

Body aches

Sore throat

Sneezing/congestion

Cough

Weakness

INFLUENZA (FLU)

Common: 100° F or higher

Common

Common

Common

Sometimes

Sometimes

Common: lasting 2-3 weeks

Can be severe

1-3 days of discomfort



POTENTIAL COMPLICATIONS



bronchitis, pneumonia, hospitalization

HELP PREVENT THE SPREAD OF COLD AND FLU:



Get a flu shot



Stay home if you are sick



Wash your hands



Cover your cough