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
- Gradual onset
- Stuffy nose
- Runny nose
- Less severe
- Short duration

Influenza
- Sudden onset
- Sneezing
- Coughing
- Sore throat
- Weakness
- Fever
- Headache
- Chills
- Body aches

Both

POTENTIAL COMPLICATIONS
1-3 days of discomfort
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

[Images and logos]