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