



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	SYMPTOMS	INFLUENZA (FLU)
Rare	Fever	Common: 100° F or higher
Uncommon	Chills	Common
Uncommon	Headache	Common
Uncommon or mild	Body aches	Common
Common	Sore throat	Sometimes
Common	Sneezing/congestion	Sometimes
Common: mild/moderate	Cough	Common: lasting 2-3 weeks
Mild	Weakness	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