

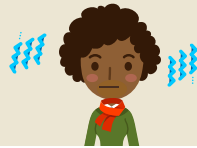








IS IT A COLD OR INFLUENZA?

COLD	SYMPTOM	INFLUENZA
Rare	Fever 	Common: 100° F or higher
Rare	 Headache	Usual; can be severe
Uncommon	Chills 	Common
Uncommon or mild	 Body aches	Common
Common	Sore throat 	Common
Common	 Sneezing/congestion	Sometimes
Common: mild/moderate	Cough 	Common: lasting 2-3 weeks
Mild	 Weakness	Can be severe
1-3 days of discomfort	Complications 	Bronchitis, pneumonia, hospitalization

HELP PREVENT THE SPREAD OF COLDS AND FLU



GET A FLU SHOT



STAY HOME IF YOU ARE SICK



WASH YOUR HANDS



COVER YOUR COUGH



Questions? See your health care provider or visit us at: dphhs.mt.gov



MONTANA COMMUNICABLE DISEASE EPIDEMIOLOGY