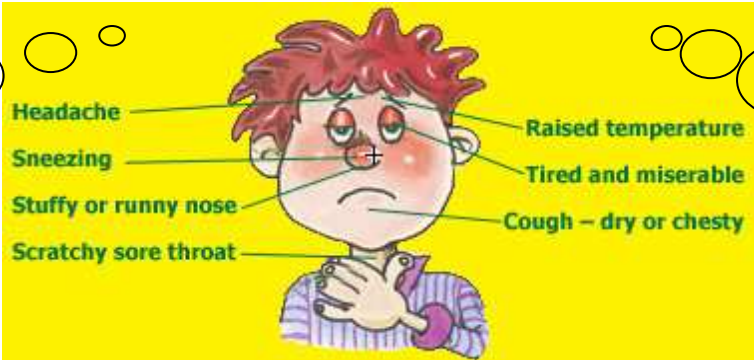


Is it a Cold or the Flu?
What's the difference?



For the **Best Protection** of Myself and Others, I Need to Remember to:

- ✓ Wash my hands often;
- ✓ Cover my coughs & sneezes;
- ✓ Avoid contact with sick people;
- ✓ Stay home if I am sick (24 hours after fever ends); and
- ✓ Get my yearly seasonal flu **and** pandemic flu vaccinations

Knowing the Difference... Can Make a Difference

The Cold and Influenza (flu) viruses have similar symptoms; so it can be difficult to know what illness someone has. Use the tips below for help.

SYMPTOMS	COLD	INFLUENZA (FLU) Seasonal and H1N1
Fever	Rare in adults and older children, but can be as high as 100 -102°F in young children & infants	Present, Often High, Usually 100°F and Over and Usually Lasts 3-4 Days
Headache	Rare	Very Common, Sudden onset and can be Severe
Body Aches	Slight	Very Common, Often Severe
Chills, Sweats	Uncommon	Fairly Common
Coughing	Hacking, Productive Cough	Dry, Unproductive Cough, Can be Severe
Sneezing	Very Common	Uncommon
Stuffy nose	Very Common	Less Common
Sore Throat	Common	Common
Chest Discomfort	Mild to Moderate	Often Severe
Tiredness	Mild	Sudden onset, Moderate to Severe
Symptoms	Develop Gradually	Develop Suddenly, Can Appear Within 3-6 Hours
Others		Some people may have vomiting & diarrhea

Source Adapted from National Institute of Allergy and Infectious Diseases and Centers for Disease Control and Prevention