

COLD vs FLU

Early Identification of the flu is important for proper treatment!

Seek Medical Treatment

It's not too late to get the flu vaccine.

PROTECT YOURSELF NOW!

SYMPTOM	COLD	FLU
Fever	Rare	Usual; high (100-102)
Headache	Rare	Common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; up to 2-3 weeks
Extreme Exhaustion	Never	Usual; at beginning
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest Discomfort Cough	Mild-Moderate hacking cough	Common, can be severe
Treatment	Antihistamines, Decongestants Nonsteroidal Anti-inflammatory meds	Antiviral medicines See your doctor
Prevention	Wash hands often Avoid close contact	Annual vaccination Antiviral medicines See your doctor
Complications	Sinus congestion Middle ear infection Asthma	Bronchitis, Pneumonia; Can be life threatening