

IS IT A COLD OR FLU?

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

#FIGHT FLU





Colds and Flu:

Influenza is a respiratory illness (attacks the lungs). It kills thousands of Americans every year; it's especially dangerous for babies, older individuals, and people with weak immune systems.

It's not too late to get a flu vaccination! This year's vaccine protects against 4 flu viruses. You cannot get the flu from the vaccine because it's made from dead viruses. Everyone 6 months old and older should get vaccinated, including pregnant women.

Good hygiene helps stop the spread of flu viruses: hand washing, coughing into your elbow, throwing used tissues in the trash.

Since colds and flu are caused by viruses, antibiotics are useless against them.