

# Do I have the flu or a cold?

The flu and the common cold have similar symptoms.

In general, the flu is worse than the common cold.

Fever, body aches, tiredness, and cough are more common and intense with the flu.

People with colds are more likely to have runny or stuffy nose.



## What are the symptoms of the flu?

1. A 100°F or higher fever or feeling feverish (**not everyone with the flu has a fever**)
2. A cough and/or sore throat
3. A runny or stuffy nose
4. Headaches and/or body aches
5. Chills
6. Fatigue (feeling sleepy)
7. Nausea, vomiting and/or diarrhea (most common in children)



## Steps to Prevent Spread of Influenza:

- 1.) Get Vaccinated--(recommended for anyone 6 months -18 years; anyone  $\geq$  50 years old)
- 2.) **Cover your mouth and nose with a tissue when coughing or sneezing** and avoid touching your eyes, nose or mouth.
- 3.) **Wash your hands often with soap and warm water**
- 4.) Use antibacterial hand sanitizers when soap/water is not available
- 5.) **Stay home from work or school while you are sick.**

**Flu virus can spread from 1 day before symptoms appear up to 5-7 days after symptoms begin.**

- 6.) Seek medical attention for a diagnosis and further treatment.
- 7.) Clean your environment several times a day: the **flu virus can live on surfaces up to 24 hours.**

