

IS IT A COLD OR INFLUENZA?

COLD	SYMPTOM	INFLUENZA
rare	fever	usual high fever (102°F/39°C to 104°F/40°C) - sudden onset, lasts 3-4 days
rare	headache	usual - can be severe
sometimes, mild	general aches and pains	usual - often severe
sometimes, mild	fatigue and weakness	usual, severe, may last 2-3 weeks or more
unusual	extreme fatigue	usual early onset - can be severe
common	runny, stuffy nose	common
common	sneezing	sometimes
common	sore throat	common
sometimes, mild to moderate	chest discomfort, coughing	usual - can be severe
can lead to sinus congestion or earache	complications	can lead to pneumonia and respiratory failure; can worsen a current chronic condition; can be life-threatening

- wash hands frequently
- cough/sneeze into your sleeve

PREVENTION

- **annual vaccination**
- wash hands frequently
- cough/sneeze into your sleeve