



# 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 & PAINS**

usual - often severe

sometimes, mild

**FATIGUE & 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 chronic condition; can be life-threatening

Lower your flu risk. Talk with your doctor, nurse, pharmacist or local public health unit about influenza immunization.



CELEBRATING  
IMMUNIZATION  
SUCCESS