

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

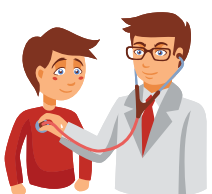
usual – can be severe

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.