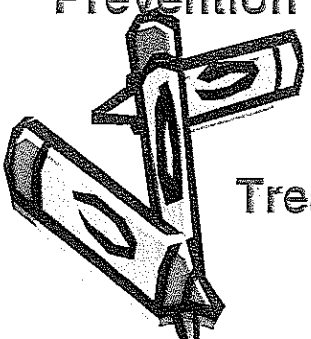


Is It a Cold or the Flu?

| Symptoms | Cold | Flu |
|----------------------|-----------------------------|---|
| Fever | Rare | High (102-104F); lasts 3-4 days |
| Headache | Rare | Usual, can become severe |
| General Aches, Pains | Slight | Usual; often severe |
| Fatigue, Weakness | Mild | Can last up to 2-3 weeks |
| Extreme Exhaustion | Never | Early and prominent |
| Stuffy nose | Common | Sometimes |
| Sneezing | Usual | Sometimes |
| Sore Throat | Common | Sometimes |
| Chest Discomfort | Mild/moderate | Can become severe |
| Cough | Hacking cough | Usual, can become severe |
| Complications | Sinus congestion or Earache | Bronchitis, pneumonia can be life-threatening |
| Prevention | None | Annual vaccination; antiviral medicines – see your doctor |



Treatment Temporary relief of symptoms Antiviral medicines – **SEE YOUR DOCTOR**