



Flu vs. Cold

Know the Difference



Symptoms	Flu	Cold
Fever	Usual - 100° F or higher	Rare
Chills	Common	Uncommon
Body or muscle aches	Common – can be severe	Uncommon or mild
Headache	Common – can be severe	Uncommon
Feeling tired and weak	Common – can be severe	Sometimes – usually mild: you don't feel tired
Cough	Common – can last 2-3 weeks	Common – mild to moderate hacking
Sneezing	Sometimes	Common
Runny or stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort	Common – can be severe	Sometimes – can be mild to moderate

Prevent the Spread of Flu and Colds

GET A FLU SHOT – Getting a flu shot each year is the best way to slow the spread of flu.

STAY HOME WHEN SICK

CLEAN YOUR HANDS – Wash with soap and water or use hand sanitizer.

COVER YOUR COUGHS AND SNEEZES – Use clean tissues and discard after use.

KEEP SURFACES CLEAN – Make sure to clean all surfaces touched by you and others often, such as countertops, faucets, computer keyboard & mouse, light switches, TV remotes, phones, and handles on doors and cabinets.



**Four Corners
Health Department**



www.publichealth.va.gov/InfectionDontPassItOn

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