Do I Have a Cold or the Flu?

That's important to know — because if you have a *fever*, you are *contagious*.

If you have these symptoms:	Chances are you have:
FEVER	FLU
HEADACHE	FLU
SERIOUS ACHES & PAINS	FLU
RUNNY NOSE	COLD
STUFFY NOSE	COLD
SNEEZING	COLD
COUGH	FLU or COLD

Other things to know:

Get annual flu shot to lower risk of FLU.
Stay home if you are sick.

Complications of FLU	Can be life threatening
FLU can cause	PNEUMONIA or BACTERIAL INFECTIONS – sending you to hospital.
For FLU	See doctor for antiviral meds and flu test in early days of illness.
COLDs can cause	SINUS CONGESTION, MID-EAR INFECTION, ASTHMA.
For COLDs	Over-the-counter meds might help: antihistamines, decongestants, non-steroidal anti- inflammatory products.