

## Flu vs Cold

Signs and Symptoms	Influenza	Cold
Symptoms onset	Abrupt	Gradual
Fever	Usual; last 3-4 days	Rare
Aches	Usual; often severe	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common; may be severe	Mild to moderate; hacking cough
Headache	Common	Rare



**IT'S NOT TOO LATE~  
FLU VACCINE IS STILL  
AVAILABLE!**

### What are the emergency warning signs of the flu sickness?

#### In children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or interacting
- Being so irritable the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with rash

#### In adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

**In addition to the signs above, get medical help right away for any infant who has any of these signs:**

- Being unable to eat
- Has trouble breathing
- Has no tears when crying
- Significantly fewer wet diapers than normal



#### Stay home until you are better:

If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone without the use of fever-reducing medicine.