

IS IT THE FLU OR A COLD?

SIGNS	COLD	FLU
High fever		✓
Cough and sore throat	✓	✓
Body ache, headache and tired		✓
Sneezing	✓	
Stuffy nose	✓	✓
Breathing problems		✓

* This chart is to help show the difference between cold and flu. Only your healthcare provider can determine if you are sick with cold or flu. If you are concerned about signs of the flu or cold, contact your healthcare provider.

