

Get the flu shot. Not the flu.

CANADIAN COALITION FOR IMMUNIZATION AWARENESS & PROMOTION

Is it a cold or the flu?

Symptom	Cold	Influenza
Fever	Rare	Usual high fever (102°F/39°C - 104°F/40°C) sudden onset, lasts 3-4 days
Headache	Rare	Usual, can be severe
General aches and pains	Sometimes, mild	Usual, often severe
Fatigue and weakness	Sometimes, mild	Usual, severe, may last 2-3 weeks or more
Extreme fatigue	Unusual	Usual early onset, can be severe
Runny, stuffy nose	Common	Common
Sneezing	Common	Sometimes
Sore throat	Common	Common
Chest discomfort, coughing	Sometimes, mild to moderate	Usual, can become severe
Complications	Can lead to sinus congestion or earache	Can lead to pneumonia and respiratory failure, can worsen a current chronic condition, can be life-threatening
Prevention	Frequent hand washing	Annual vaccination and frequent hand washing



**Canadian Coalition for Immunization
Awareness & Promotion (CCIAP)**

www.influenza.cpha.ca & www.immunize.cpha.ca