COLD OR FLU KNOW THE DIFFERENCE

The flu and a cold can have similar symptoms. The difference is how intense they feel and how common they are.

In general, symptoms of the flu appear quickly, while symptoms of a cold happen slowly.

COLD

You may feel chills but fever is rare

Cough, chest discomfort (mild but may last a while)

Body aches & pains (mild)

Tiredness (you can still do your daily activities)

Headache (mild)

Sore throat

Stuffy, runny nose, sneezing



FLU

Fever

Cough, chest discomfort (dry cough can be severe)

Body aches & pains (can be severe)

Bedridden (you may feel extremely exhausted)

Headache (can be severe)

Sore throat

Stuffy, runny nose



COMPLICATIONS CAN INCLUDE...

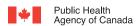
- + Lung infections
- + Throat infections
- + Ear infections
- + Sinus infections

People experience symptoms differently. If your symptoms get worse or persist, see your healthcare provider.

COMPLICATIONS CAN INCLUDE...

- + Pneumonia
- Pre-existing health conditions getting worse (such as asthma)
- Hospitalization
- + Death

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THE FLU CAN BE SERIOUS.

- + The flu is very contagious and can spread quickly and easily.
- + Before you even know you are sick, you can pass the flu on to others.
- + In Canada, an average of 12,200 hospitalizations and 3,500 deaths related to the flu occur each year*.

THE FLU CAN AFFECT ANYONE.

- + Even healthy people can get the flu, and it can be serious.
- + People at higher risk of serious complications* are:
 - > adults aged 65 and over
 - > those living with one or more chronic health conditions
 - > those residing in nursing homes or other facilities
- > young children
- > pregnant women
- > Indigenous peoples

YOU NEED TO GET VACCINATED EVERY YEAR.

+ Flu viruses change each year. Experts create a new vaccine to protect you each flu season.

YOU CAN'T GET THE FLU FROM THE FLU SHOT.

+ The viruses in the flu shot are either killed or weakened and cannot give you the flu.

THE FLU SHOT IS SAFE.

- + The flu shot has benefited millions of Canadians since 1946.
- Most people don't have reactions to the **flu shot**; those who do may have soreness, redness or swelling at the injection site.
- **+ Severe reactions** to the vaccine are **extremely rare**.

EVERYBODY WINS WHEN YOU GET VACCINATED.

- + If you do get the flu, the **flu shot** may reduce the **severity of your symptoms**.
- + By getting the flu shot, you protect yourself and others because you are less likely to spread the flu.
- + It's a simple action that can prevent complications and save lives.
- * National Advisory Committee on Immunization (NACI): Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine.

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