

Boost Your

Flu IQ

Cold vs. Flu Symptoms

Symptoms	Cold	Flu
Sudden onset		✓
High fever		✓
Body aches		✓
Headache		✓
Extreme fatigue (usually in bed)		✓
Chills	✓	✓
Sore throat	✓	✓
Runny nose	✓	✓
Sneezing	✓	✓
Coughing	✓	✓

Created by Niagara Region Public Health August 2018

Prevention

Healthy habits can protect you and your children from getting germs or spreading germs at home, work and school.

To prevent the spread of infectious diseases, follow these simple steps:



Get a flu shot.



Stay home if you are sick.
Return when you are well.



Wash your hands. Use soap and water or hand sanitizer.



Cover your cough or sneeze with a tissue or into your sleeve.



Keep your distance. Avoid shaking hands and close contact with people who are sick.

For more information, call 1-800-660-5853
or visit www.healthunit.org



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