

# 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

### COMPLICATIONS CAN INCLUDE...

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

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

TO LEARN MORE, VISIT [CANADA.CA/FLU](https://canada.ca/flu)



# KNOW THE FLU FACTS

## 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*
  - > *young children*
  - > *those living with one or more chronic health conditions*
  - > *pregnant women*
  - > *those residing in nursing homes or other facilities*
  - > *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**.

\* An Advisory Committee Statement (ACS) National Advisory Committee on Immunization (NACI), Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2018-2019.

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