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

- 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