

IS IT A COLD OR THE FLU?

SYMPTOM	COLD	FLU (INFLUENZA)
Fever	Rare	Usual, high fever (39°C/102°F to 40°C/104°F); sudden onset, lasts 3-4 days
Headache	Rare	Usual, can be severe
General aches and pains	Sometimes, mild	Usual, often severe
Tired and weak	Sometimes, mild	Usual, may last 2-3 weeks or more
Extreme fatigue	Unusual	Usual, early onset
Runny, stuffy nose	Common	Common
Sneezing	Common	Sometimes
Sore throat	Common	Common
Chest discomfort, coughing	Sometimes, mild to moderate	Usual, can be severe
Complications	Can lead to sinus congestion or earache	Can lead to pneumonia and respiratory failure; can worsen a current chronic respiratory condition; can be life-threatening

See a healthcare provider right away if you develop the following symptoms

- + Shortness of breath, rapid breathing or difficulty breathing
- + Chest pain
- + Bluish or grey skin colour
- + Bloody or coloured mucus/spit
- + Sudden dizziness or confusion
- + Severe or persistent vomiting
- + High fever lasting more than three days
- + Low blood pressure

Additional symptoms to watch for in children

- + Not drinking enough fluids or eating
- + Not waking up or interacting
- + Irritability; not wanting to play or be held

TO LEARN MORE AND TO FIND OUT
WHERE TO GET YOUR FLU VACCINE,
VISIT [CANADA.CA/FLU](https://canada.ca/flu)

