

# Symptoms for Flu



- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (weakness)
- In some cases vomiting and diarrhea

## Prevention

The best method of flu prevention is to get a flu shot each year.

- The flu shot is recommended for everyone 6 months of age and older
- Avoid close contact with people that are sick
- Wash your hands or use antibacterial hand sanitizer

**The flu shot does NOT cause the flu.**

# Symptoms for Colds



- Mild fever
- Cough
- Sore throat
- Runny or stuffy nose
- Some muscle or body aches
- Occasional headaches
- Some fatigue (weakness)
- In some cases sinus or ear infections

## Prevention

Unfortunately, there are no vaccines available to prevent a cold.

However, you can still protect yourself, family and friends from catching a cold by taking simple actions:

- Avoid close contact with people that are sick
- Wash your hands often or use antibacterial hand sanitizer
- Avoid touching eyes, nose or mouth

# The Flu vs. The Cold



## What's the difference?



## What you can do to feel better



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# Virus



## What causes colds and flu?

Colds and the flu are both respiratory illnesses caused by different viruses.

Viruses are small infectious material that replicates inside a living organism's cell. If a virus makes contact with you, its infectious material will replicate with your body's cells. The infected cells will cause the virus to spread and infect new cells.

Although colds and flu are respiratory illnesses and have similar symptoms, the flu can lead to serious health problems. It is important to know the difference between a cold and flu to stay protected and healthy each year.

## How do you catch a cold?

Cold viruses are spread through person to person contact. If someone with the cold virus sneezes or coughs into their hands and does not wash them, the virus can spread onto everything they have touched. Therefore, when the next person that comes in contact with that person or what they have touched, they can catch the virus if exposed and do not wash their hands.

## What to do if I have a cold

- Stay home and rest
- Drink lots of fluids
- Cover coughs and sneezes with tissue or upper shirt sleeve
- Take over the counter medicines to help relieve symptoms
- Wash hands frequently to avoid spreading germs

## How do you catch the flu?

Similar to a cold, flu viruses are spread through person to person contact as well. However, the flu is contagious and often times a person may not show symptoms until 1 day after being infected. This is unfortunate because the infected person could have exposed the virus to those at work, school, and surroundings. This is why it is important to be aware of your surroundings, avoid those that are sick and wash your hands frequently to prevent catching the flu.

## What to do if I have the flu

- Stay home and rest
- Take prescribed antiviral medication
- Get the flu shot if you have not received one already