



How do you know if you have the cold or flu?

While we are rapidly approaching the peak of cold and flu season, it is important to understand the differences between the common cold and the flu. Below are some common signs and symptoms to prevent the early onset of the cold and flu during this season.



Wash your hands

Wash your hands often with soap and water or with an alcohol based hand cleaner.



Cover your cough & sneeze

Cover your mouth or nose with your sleeve or tissue and ensure you wash your hands after.



Stay home if you're sick

The flu goes wherever you go, stay at home to prevent the transmission to others.



Get vaccinated

Getting vaccinated is the best line of defense to you and others.

Cold

- Symptoms are more gradual
- Rare to obtain a fever
- Uncommon to have chills
- Sneezing and stuffy nose
- Sore throat
- Cough is mild or moderate
- Headache are rare

Flu

- Symptoms appear rapidly
- Usually begins with high fever
- Common to have chills
- Sneezing and stuffy nose is rare
- Occasional sore throat
- Headaches and severe fatigue are more common

