



Cold & Flu Prevention

Influenza, commonly called the flu, is a highly contagious respiratory virus that infects the nose, throat, and sometimes the lungs.¹ It's estimated that 9 million people in the U.S. showed symptomatic signs of the flu in the 2021-2022 influenza season.

The most common symptoms of the flu include:

- Runny Nose ● Fever ● Sore Throat ● Headaches ● Cough ● Fatigue

Protect Yourself

Getting the annual flu shot from your doctor or pharmacist is the best way to protect yourself. Following are additional daily actions you can take to help protect you and loved ones from spreading germs:

- Wash your hands with soap and water for at least 20 seconds
- Avoid close contact with people who are ill or symptomatic
- Cover your nose and mouth with a tissue when you cough
- Avoid touching your eyes, nose, or mouth
- Clean high-touch surfaces: telephones, keyboards, steering wheels, and doorknobs

Is It a Cold? Or the Flu?

SYMPTOMS	COLD	FLU
Fever	Rare	Usually high fever, lasts 3-4 days
Headache	Rare	Common
Aches and Pains	Slight	Usually, often severe
Fatigue, Weakness	Sometimes	Usually, can last 3-4 weeks
Exhaustion	Never	Usually, at beginning of illness
Stuffy Nose	Common	Sometimes
Sneezing	Usually	Sometimes
Sore Throat	Common	Sometimes
Chest Pain, Cough	Mild to moderate, hacking cough	Common, can become severe

A cold and the flu can both have similar symptoms. It is important to see a healthcare provider to help identify the symptoms and treat them accordingly.

Sources: CDC.gov National Institute of Allergy and Infection Disease

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