

DO YOU KNOW THE DIFFERENCE BETWEEN A COLD OR THE FLU?



COLD SYMPTOMS

No fever
No headache
Gradual symptoms
Light aches and pains
A little more tired than usual
Stuffy nose common
Sneezing common
Sore throat common
Cough is dry and hacking,
mild to moderate

FLU SYMPTOMS

High fever (lasts 3-4 days)
Headache
Sudden symptoms
Severe aches and pains
Completely exhausted
Stuffy nose sometimes
Sneezing occurs sometimes
Sore throat sometimes
Cough is moist and productive, severe

PREVENTION TIPS FOR THE COLD AND FLU:

- Receive your annual flu vaccination.
- See your doctor for antiviral medication if you have flu symptoms. Medication is most effective if started within 48 hours of when symptoms are first noticed.
- Wash your hands often and for **at least 20 seconds** with soap and water, avoid close contact with anyone with a cold or the flu.
- Stay home if you are not well, to prevent spreading infection.
- Throw away used tissues in a waste can immediately after use.

“Why You Should Get the Flu Vaccine” Patient Safety Consumer Tip
is available online at www.patientsafetyauthority.org

Scan this code with your
mobile device's QR reader to
access the Authority's Consumer
Tip on this topic.



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