

cold or flu?

flu is responsible for approximately 36,000 deaths per year

know the flu.

Signs and Symptoms	FLU	COLD
Onset	Sudden	Gradual
Fever	Common; lasting 3-4 days	Rare
Cough	Dry; can become severe	Hacking; mild
Headache	Prominent	Rare
Muscle/joint aches, pain	Usual; often severe	Slight
Fatigue and weakness	Can last up to 2 weeks	Very mild
Extreme exhaustion	Early and prominent	Never
Chest discomfort	Common	Mild/moderate
Stuffy nose	Sometimes	Common
Sneezing	Sometimes	Usually
Sore throat	Sometimes	Common



prevent the flu.

The Centers for Disease Control and Prevention (CDC) says the public should “Take 3” this flu season:

- **Vaccinate:** Take time to get vaccinated.
- **Stop Germs:** Take everyday preventative actions.
- **Antiviral Drugs:** Take prescription antiviral drugs if your doctor says you need them.



treat the flu.

The CDC recommends antivirals, such as neuraminidase inhibitors, for the treatment and prevention of influenza types A and B:

- **For treatment,** antiviral drugs should be started within 48 hours of getting sick.
- **For prevention,** antiviral drugs are 70% to 90% effective in preventing infection post-exposure.



Talk to your doctor to find out how antivirals can help safeguard your family.

For more information about the flu, visit www.flufacts.com.



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