

# 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](http://www.flufacts.com).**

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