

# COLD OR FLU

## KNOW THE DIFFERENCE

The flu and a cold can have similar symptoms.  
 The difference is how intense they feel and how common they are.  
 In general, symptoms of the flu appear quickly, while symptoms of a cold happen slowly.

### COLD

You may feel chills but fever is rare

Cough, chest discomfort  
 (mild but may last a while)

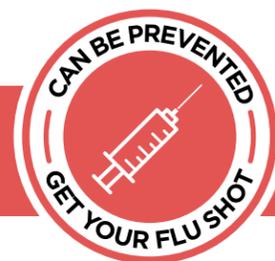
Body aches & pains  
 (mild)

Tiredness  
 (you can still do your daily activities)

Headache  
 (mild)

Sore throat

Stuffy, runny nose, sneezing



### FLU

Fever

Cough, chest discomfort  
 (dry cough can be severe)

Body aches & pains  
 (can be severe)

Bedridden  
 (you may feel extremely exhausted)

Headache  
 (can be severe)

Sore throat

Stuffy, runny nose



### COMPLICATIONS CAN INCLUDE...

- + Lung infections
- + Throat infections
- + Ear infections
- + Sinus infections

**People experience symptoms differently.  
 If your symptoms get worse or persist,  
 see your healthcare provider.**

### COMPLICATIONS CAN INCLUDE...

- + Pneumonia
- + Pre-existing health conditions getting worse (such as asthma)
- + Hospitalization
- + Death

TO LEARN MORE, VISIT [CANADA.CA/FLU](https://canada.ca/flu)