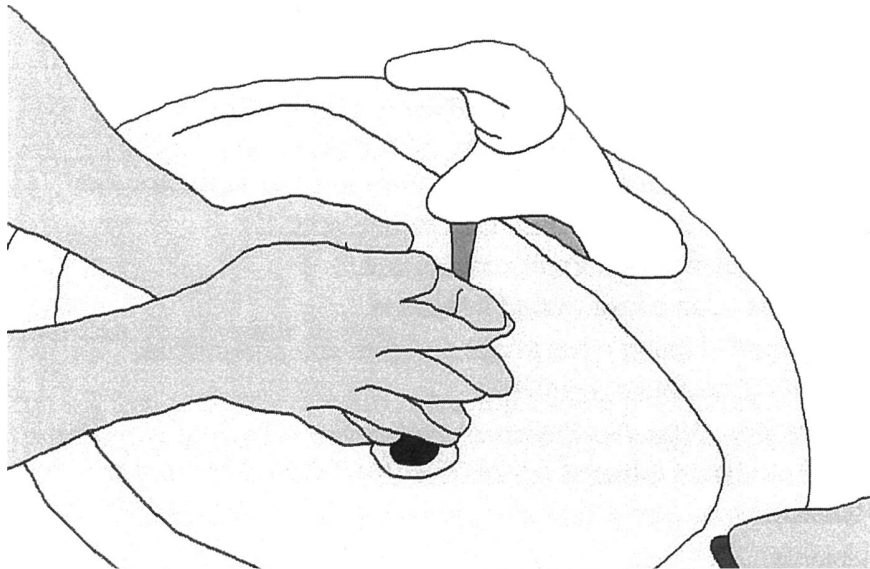


## IS IT A COLD OR THE FLU?

### How to Wash Your Hands

Wet hands under warm running water. Rub all surfaces of your hands with warm soapy water for at least 10 seconds (antibacterial soaps are not necessary). Rinse well and dry gently.

Hand sanitizers kill germs. Since they don't penetrate dirt, grease, etc. use on clean dry hands. Apply all over hands and rub until hands are dry.



Symptom	Cold	Influenza
Fever	Rare	Usual High Fever (102°F/39°C to 104°F/40°C), Sudden Onset, Lasts 3-4 Days
Headache	Rare	Usual, Can Be Severe
General Aches and Pains	Sometimes, Mild	Usual, Often Severe
Fatigue and Weakness	Sometimes, Mild	Usual, Severe, May Last 2-3 Weeks or More
Extreme Fatigue	Unusual	Usual Early Onset, Can Be Severe
Runny, Stuffy Nose	Common	Common
Sneezing	Common	Sometimes
Sore Throat	Common	Common
Chest Discomfort, Coughing	Sometimes, Mild to Moderate	Usual, Can Be Severe
Complications	Sinus Congestion and/or Earache	Can Lead to Pneumonia and Respiratory Failure, Can Worsen a Current Chronic Condition, Can Be Life Threatening
Prevention	Frequent Hand-Washing	Annual Vaccination and Frequent Hand Washing