

# Is it a cold or is it the flu?

## KEY DIFFERENCES

### With a cold:

You almost never have fever.

You feel stuffiness in your head.

You feel a little sick.

You can have a cold any time of year.

There is no shot to protect you.

### With the Flu:

You have a fever ( $\geq 101^{\circ}\text{F}$ )

Your entire body feels sick.

You feel very sick.

You can have the flu starting in early winter and continuing through early spring.

You can get a shot to protect yourself.

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- You feel very sick.
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