

## BECOME A FLU EXPERT!

What is the flu.....? All of or some of the symptoms below may mean you have the flu.

Runny nose

Muscle aches

Headache

Cough

Sore throat

Fever

Chills

Tiredness

When do we usually get the flu.....?

Fall to spring

**Do I have the flu or a cold?**

The flu and the common cold have similar symptoms. It can be difficult to tell the difference between them. In general, **the flu is worse than the common cold**. Symptoms such as fever, body aches, tiredness, and cough are more common and intense with the flu. People with colds are more likely to have a runny or stuffy nose.