

Don't Get the Flu. Don't Give the Flu.



Get your flu shot to protect yourself and the ones you love.

Is it a Cold or the Flu?

Symptoms	Common Cold	Influenza
Fever	Rarely	High (102-104°F) lasts for 3-4 days
Headache	Rarely	Very common
General Aches and Pains	Mild	Usually, often severe
Fatigue, Weakness	Mild	Can last up to 2-3 weeks
Extreme Exhaustion	Never	Early on and common
Stuffy Nose	Common	Sometimes
Sneezing	Usually	Sometimes
Sore Throat	Common	Usually
Cough	Moderate hacking cough	Can be severe dry cough
Chest Discomfort	Mild	Common, can be severe
Vomiting or Diarrhea	Never	Rarely

How to Care for the Flu at Home



Get Plenty of Rest



Call Your Health Care Provider for Special Care

Drink Clear Fluids



Emergency Warning Signs

Seek medical care immediately if you experience these symptoms:

Concerns in Children

Concerns in Adults

Fast breathing or trouble breathing

Difficulty breathing or shortness of breath

Not drinking enough fluids

Not drinking enough fluids

Severe or persistent vomiting

Severe or persistent vomiting

Flu-like symptoms improve but then return with fever or worse cough

Flu-like symptoms improve but then return with fever or worse cough

Not waking up or interacting

Confusion

Irritability and not wanting to be held

Sudden dizziness

Bluish or gray skin color

Pain or pressure in the chest or abdomen

For more information or vaccine clinic locations, call 2-1-1 or visit StopTheSpreadAZ.org.