

FLU vs The Common Cold

How do you know if you have the Flu or a Cold?



Flu symptoms

vs

Cold symptoms



Fever
(often high)



Chills



Headaches



Severe cough



Muscle
aches/pains



Sore throat



Children's symptoms may also include nausea, vomiting and diarrhoea.



On average an adult contracts influenza just once every five years or less.



Sore throat



Runny nose



Coughing



Sneezing



General
congestion



Feeling
miserable



Most Australian adults contract a cold two to three times a year.



In an average year, children contract a cold six to ten (or more) times.

If in doubt make sure you visit your GP to follow up any symptoms you are unsure about, especially if they persist over a few days or if any of your symptoms get worse.