**Flu vs the Common Cold**

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

### Flu 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.

### Cold Symptoms
- 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.