



# 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.

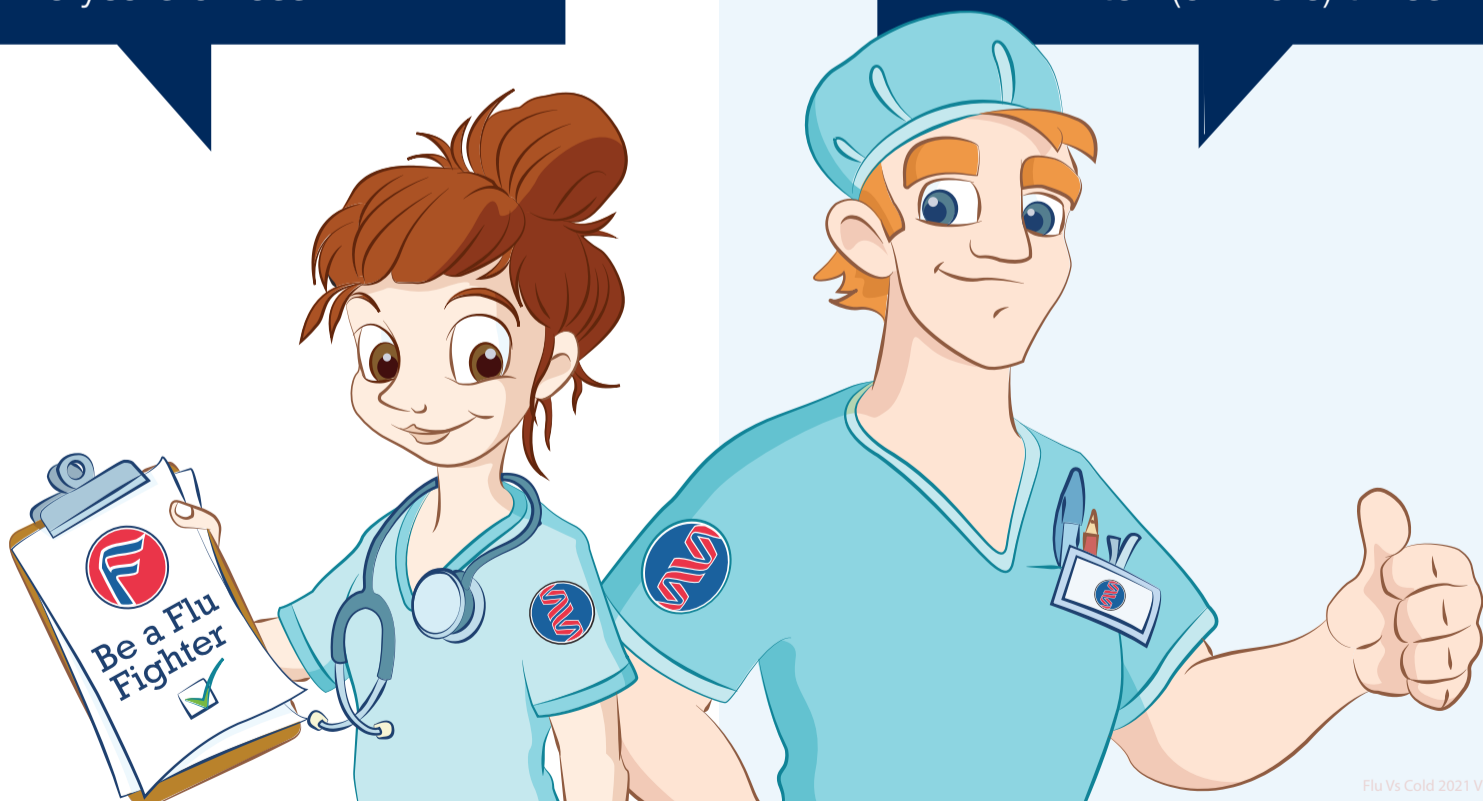
On average an Adult contracts Influenza just once every five years or less.

## 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.



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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.