

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.

vs

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.