

What you Need to Know about the Flu



Anyone can get the flu so it's important to take precautions to protect yourself and others. This includes getting a flu shot.

Anyone with an underlying health condition is more vulnerable to the effects of flu and has a greater chance of being hospitalized. The flu shot is your best defense and is available from your family physician or nurse practitioner, pharmacies, public health unit, and through a variety of flu clinics in your community.

Fight the Flu – How to Avoid Getting or Spreading the Flu

- Get a flu shot
- Wash your hands often
- Cover your mouth when you cough or sneeze
- Don't touch your face
- Stay home when you're sick
- Clean and disinfect surfaces and shared items



Flu vs. Common Cold

The symptoms of the flu and the common cold can be very similar but, unlike a case of the common cold, the flu can lead to serious health problems like pneumonia. Use this chart to help determine if you have a cold or the flu.

Symptom	Cold	Flu
Fever	Rare	Common, high (102°F - 104°F or 39°C - 40°C) Starts suddenly, lasts 3 to 4 days Not everyone with the flu gets a fever
General aches and pains	Sometimes, mild	Common, often severe
Muscle aches	Sometimes, usually mild	Often, can be severe
Feeling tired and weak	Sometimes, mild	Common, may last 2 to 3 weeks or more
Fatigue (extreme tiredness)	Unusual	Common, starts early
Sneezing	Common	Sometimes
Complications	Can lead to sinus congestion or earache	Can lead to pneumonia and respiratory failure, worsen a current chronic respiratory condition, be life-threatening
Chest discomfort and/or coughing	Sometimes, mild to moderate	Common, can become severe

Visit www.ontario.ca/page/flu-facts for more information about the flu. You can find information about health care services available in your community at www.ErieStClairHealthline.ca.