

Comparing Flu, Common Cold and Upset Stomach

	Flu	Common Cold	Upset Stomach
Virus	Influenza A or B. New strain every year.	Many different viruses. Different virus than a flu virus.	Different virus than a flu or cold virus.
Infection	Respiratory (organs that help you breathe).	Respiratory (organs that help you breathe).	Gastrointestinal (stomach and intestines).
Fever	Usually high fever. Lasts three to four days.	Sometimes	Rarely
Headache	Usually. Can be very bad.	Rarely	Sometimes
Chills, Aches, Pain	Usually. Often very bad.	Rarely	Common
Loss of Appetite	Sometimes	Sometimes	Frequent. Also nausea, vomiting, diarrhea.
Cough	Usually	Sometimes	Rarely
Sore Throat	Sometimes	Sometimes	Rarely
Sniffles or Sneezes	Sometimes	Usually	Rarely
Extreme Tiredness	Usually. May last two to three weeks or more.	Rarely	Sometimes
Affects Whole Body	Usually	Never	Stomach and bowel only.
Sudden Symptoms	Yes	More gradual.	Yes
Possible Complications	Pneumonia, kidney failure.	Sinus or ear infection.	Dehydration
Vaccine	New vaccine each year.	No vaccine.	No vaccine.

A flu vaccination protects you and the people around you.

Keep the flu from spreading – get a flu vaccination.

I got my flu vaccination to protect you! Did you get yours?



For more information
about the flu and you:

www.flunu.ca

