

What's the difference???

Is it a cold, Influenza, or the “stomach flu?”

Symptom	COLD	INFLUENZA (Flu) & SWINE FLU*	GASTROENTERITIS (Stomach Flu)
Fever	Rare	Frequent, usually high, sudden onset lasts 3-4 days	Rare
Headache	Rare	Frequent	Rare
Aches & Pains	Slight	Frequent, often severe	Rare
Weakness	Rare / mild	Moderate to extreme – can last up to a month	Sometimes
Bed-ridden	Never	Frequent, lasts up to 5 days	Rare
Sniffles & Sneezing	Common	Sometimes	Never
Sore Throat	Common	Sometimes	Rare
Cough	Sometimes Mild to moderate	Usual – can become severe	Rare
Complications	Sinus or ear infection	Pneumonia, kidney failure, heart failure, can be life threatening	Vomiting & Diarrhea, leading to dehydration
Prevention	Frequent handwashing	Annual vaccination & frequent handwashing	Frequent handwashing & care with food

*Typical timeframe of Seasonal Influenza is Nov – March. H1N1 (Swine flu) is expected to be seen sporadically throughout the year.

Want more info on the flu or other viruses and how to prevent them?
Visit the Centers for Disease Control at:
www.cdc.gov/flu



Immunization Services