

## Is It a COLD or the FLU?

Check your symptoms, and ask your doctor for advice. Remember, a **FLU SHOT** is your best protection against the flu

SYMPTOMS	COLD	FLU
Fever	Rare in adults and older children, but can be as high as 102° in infants and small children	Usually 102°, but can go up to 104° and usually lasts 3-4 days
Headache	Rare	Sudden onset and can be severe
Muscle aches	Mild	Usual and often severe
Tiredness and weakness	Mild	Can last 2 or more weeks
Extreme exhaustion	Never	Sudden onset and can be severe
Runny nose	Often	Sometimes
Sneezing	Often	Sometimes
Sore throat	Often	Sometimes
Cough	Mild hacking cough	Usual and can become severe

### What are the risks of getting an influenza or pneumonia vaccination?

- The flu vaccine is made from killed flu viruses so it will not give you the flu.
- Life-threatening allergic reactions are very rare.
- Mild problems, if they happen, begin soon after the shot is given and last 1-2 days.

MO-03-23-IMM August 2003

This material was prepared by MissouriPRO under contract with the Centers for Medicare & Medicaid Services (CMS). The contents presented do not necessarily reflect CMS policy.

- soreness, redness or swelling where the shot is given, fever and/or aches
- Pneumonia vaccine is very safe.
- You may have minor side effects, such as redness or pain where the shot was given.

Getting the flu or pneumonia is a more serious problem than getting the shots. Please ask us if you have any questions.

For more information:  
Ask your health care provider or call the CDC Immunization Hotline.  
English: 800/232-2522 Espanol: 800/232-0233  
[www.cdc.gov/nip/flu](http://www.cdc.gov/nip/flu)