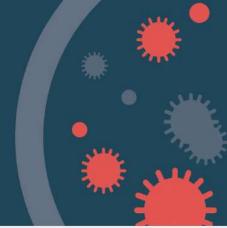


healthdirect

Cold or flu?



Know the difference



Colds are very common. They are caused by about 200 different viruses. There is no vaccine for a cold.



The flu is a viral infection affecting your nose, throat and sometimes your lungs. A vaccine is available for the flu.



Good hygiene reduces the spread of colds and flu, especially after coughing and sneezing.

Understand the symptoms



Body aches/pain

COLDS Slight

FLU Usual, often severe



Fever

colds Rare

FLU Usual, lasts 3 to 4 days



Sore throat

COLDS Common Sometimes



Chest discomfort/cough

colds Mild to moderate, hacking cough Common, can become severe



Headache

colds Rare FLU Common



Fatigue/weakness

COLDS Sometimes

FLU Usual, can last up to 2 to 3 weeks



Sneezing

colds Usual Sometimes



Extreme exhaustion

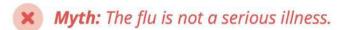
colds Never

FLU Usual, at the beginning of the illness

Still not sure if it's a cold or flu? healthdirect's Symptom Checker can help you decide what to do next www.healthdirect.gov.au/symptom-checker

Myths vs reality

Top colds and flu myths debunked



Fact: The flu is a highly contagious and potentially life-threatening disease.



Fact: There is no evidence to support vitamin C supplements as a way of preventing colds or flu.

Myth: You can catch a cold or the flu from cold weather or getting caught in the rain.

Fact: The flu or colds are caused by viruses and not by cold climates or being exposed to cold air.

Myth: Colds and the flu can be treated with antibiotics

Fact: Antibiotics won't cure a cold or flu. Antibiotics only work against bacteria not viral infections.

Myth: Healthy people don't need to be vaccinated..

Fact: Everyone can benefit from the flu vaccine. If you are at higher risk group, the vaccine is free.

Myth: I'm pregnant, so I shouldn't have the flu jab because it will affect my baby.

Fact: The flu shot is safe for pregnant women at all stages of their pregnancy.

At high risk of becoming seriously ill from flu? Talk to your doctor or pharmacist







Torres Strait

Islander people



Existing serious medical conditions



Why

Annual vaccination is the best way of preventing the flu and any associated illness.



Program for people at high risk.

Cost The flu vaccine is available FREE under the National Immunisation



Where

Vaccine is available from doctors, pharmacies and other vaccination providers.