

# IS IT A COLD OR FLU?

## COLD

## SYMPTOMS

## FLU

Rare

Fever

Usual

Rare

Headache

Common

Slight

Aches & Pains

Usual

Sometimes

Fatigue & Weakness

Usual

Common

Stuffy Nose

Sometimes

Usual

Sneezing

Sometimes

Common

Sore Throat

Sometimes

Mild/Moderate

Cough

Common

## COMPLICATIONS

Lung Infections  
Throat Infections  
Sinus Infections

## COMPLICATIONS

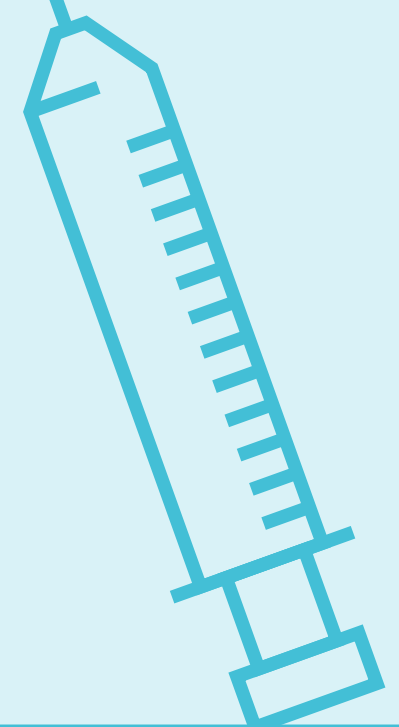
Pneumonia  
Hospitalization  
Death

ADULTS  
**65+**  
ARE AT A  
**HIGHER RISK**  
FOR SERIOUS  
COMPLICATIONS



GET YOUR YEARLY FLU SHOT  
**THE FLU CAN BE TREATED**

Protect yourself, protect others, save lives!



Grow  
Golden  
BY OHANA CARE