



# Cold or Flu?

Cold	Symptom	Flu (Influenza)
Rare, Mild (less than 100°)	Fever	<b>Almost Always High (Greater than 100°)</b>
Rare	Headache	<b>Common</b>
Slight	General Aches & Pains	<b>Usual/Often Severe</b>
Gradual over a Few Days	Onset	<b>Rapid Onset</b>
Common	Stuffy Nose	<b>Rare</b>
Common	Runny Nose	<b>Common</b>
Common	Sore Throat	<b>Sometimes</b>
Mild to Moderate	Cough	<b>Common – Can be Severe (Dry)</b>

## Flu basics

[https://www.nj.gov/health/cd/documents/flu/flu\\_basics\\_eng.pdf](https://www.nj.gov/health/cd/documents/flu/flu_basics_eng.pdf)

[https://nj.gov/health/cd/documents/flu/spanish/flu\\_basics\\_sp.pdf](https://nj.gov/health/cd/documents/flu/spanish/flu_basics_sp.pdf)

## *Influenza Information Sheet for Parents*

[https://www.nj.gov/health/cd/documents/SchoolParent-info-sheet-flu\\_01192018.pdf](https://www.nj.gov/health/cd/documents/SchoolParent-info-sheet-flu_01192018.pdf)

*Feeling Concerned About the Flu? Information for Parents*

[https://nj.gov/health/cd/documents/flu/feeling\\_better\\_about\\_the\\_flu-02152018.pdf](https://nj.gov/health/cd/documents/flu/feeling_better_about_the_flu-02152018.pdf)

[https://www.nj.gov/health/cd/documents/flu/feeling\\_better\\_about\\_the\\_flu\\_spanish.pdf](https://www.nj.gov/health/cd/documents/flu/feeling_better_about_the_flu_spanish.pdf)

*Got the Flu? Self-Care Tips*

<https://www.nj.gov/health/cd/documents/flu/selfcare.pdf>

[https://www.nj.gov/health/cd/documents/flu/spanish/selfcare\\_sp.pdf](https://www.nj.gov/health/cd/documents/flu/spanish/selfcare_sp.pdf)

*Como atender a las personas con gripe en el hogar; Una Guia de Autoayuda*

[https://www.nj.gov/health/cd/documents/flu/spanish/flu\\_guide\\_sp.pdf](https://www.nj.gov/health/cd/documents/flu/spanish/flu_guide_sp.pdf)

*When Should Children Stay Home From School?*

<https://www.nj.gov/health/cd/documents/flu/sendkidschool.pdf>

[https://www.nj.gov/health/cd/documents/flu/spanish/sendkidschool\\_sp.pdf](https://www.nj.gov/health/cd/documents/flu/spanish/sendkidschool_sp.pdf)

*Flu and Your Teen Know the Risks*

[https://www.nj.gov/health/cd/documents/flu/flu\\_and\\_your\\_teen.pdf](https://www.nj.gov/health/cd/documents/flu/flu_and_your_teen.pdf)

*Are you 65 years or older?*

[https://www.nj.gov/health/cd/documents/flu/flu\\_older\\_adults\\_color\\_version.pdf](https://www.nj.gov/health/cd/documents/flu/flu_older_adults_color_version.pdf)