










STAY HEALTHY THIS WINTER ... AND BEYOND!

Cold or Flu?



Main symptoms	Cold	Flu
 Fever	<ul style="list-style-type: none"> Absent or mild 	<ul style="list-style-type: none"> Common Temperatures between 38 °C et 40 °C (between 100,4 °F and 104 °F) Sudden onset
 Cough	<ul style="list-style-type: none"> Common Mild or moderate 	<ul style="list-style-type: none"> Common Sudden onset
 Headache	<ul style="list-style-type: none"> Rare 	<ul style="list-style-type: none"> Common Sometimes intense
 Aches and pains	<ul style="list-style-type: none"> Rare Mild 	<ul style="list-style-type: none"> Common Sometimes intense
 Fatigue	<ul style="list-style-type: none"> Common Mild 	<ul style="list-style-type: none"> Common Intense Duration: A few days, sometimes longer
 Nausea and vomiting	<ul style="list-style-type: none"> Rare Mild 	<ul style="list-style-type: none"> Common in children Rare in adults Often accompanied by diarrhea and abdominal pain in children
 Runny nose or nasal congestion	<ul style="list-style-type: none"> Common 	<ul style="list-style-type: none"> Rare, more common in children
 Sneezing	<ul style="list-style-type: none"> Common 	<ul style="list-style-type: none"> Rare
 Sore throat	<ul style="list-style-type: none"> Common 	<ul style="list-style-type: none"> Common

Source : quebec.ca



santemontreal.ca/healthywinter

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