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# How To Avoid The Flu

## Is it a cold or flu?

Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare



<https://www.cdc.gov/flu/consumer/prevention.htm>



It's too late for a flu shot to provide protection for WWETT BUT the flu season is still in progress so **think about getting one anyway!**

- **Take flu antiviral drugs** if your doctor prescribes them.
- **Cover your nose and mouth with a tissue** when you cough or sneeze. Throw the tissue in the trash after you use it.
- **Wash your hands** often with soap and water. If soap and water are not available, use an **alcohol-based hand rub**.
- **Avoid touching your eyes, nose and mouth.** Germs spread this way.
- **Clean and disinfect surfaces and objects** that may be contaminated with germs like the flu.