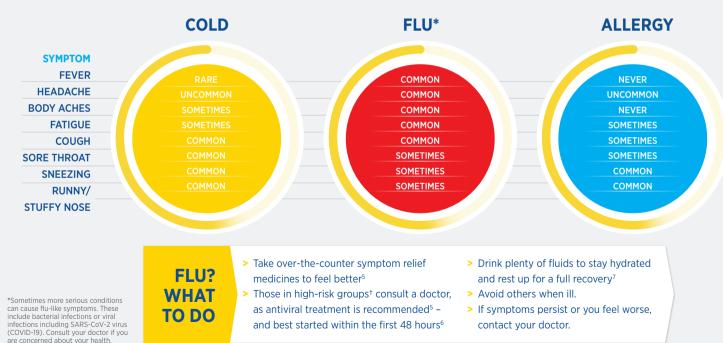


RECOGNIZING SYMPTOMS AND TREATING FLU

COLD, FLU Use this table to help find out.¹⁻⁴ Check your symptoms from **Never** or **Rare** to **Uncommon**, OR ALLERGY? Sometimes and Common – but discuss with a healthcare provider for treatment recommendations.



MYTH-BUSTING SORT THE FACTS FROM THE FAKE NEWS!

MYTHS

FACTS



1 Centers for Disease Control and Prevention (CDC). Cold versus Flu. Available at: https://www.cdc.gov/flu/symptoms/coldflu.thtm. Last accessed: May 2020. 2 National Institutes of Health. News in Health. Cold, Flu, or Allergy? Know the Difference for Best Treatment. October 2014. Available at: https://www.cdc.gov/flu/symptoms/coldflu.thtm. Last accessed: May 2020. 3 National Institutes of Health. News in Health. Cold, Flu, or Allergy? Know the Difference for Best Treatment. October 2014. Available at: https://www.cdc.gov/flu/symptoms/coldflu.thtm. Last accessed: May 2020. 3 National Institutes of Health. News in Health. Cold, Flu, or Allergy? Know the Difference for Best Treatment. October 2014. Available at: https://www.cdc.gov/flu/spectra.swers/common-cold/spe