

## COLD AND FLU: MUST-KNOW TIPS TO STAY HEALTHY

### STEPS YOU CAN TAKE FOR PREVENTION<sup>1,2</sup>



#### Stay away from people who have a cold or flu

Avoid close contact to help reduce the risk of spreading the respiratory viruses that cause cold and flu.



#### Wash your hands

Rub your hands with soap for at least 20 seconds and rinse with water to remove any germs!



#### Clean common surfaces

Use a disinfectant to kill germs that may survive on doorknobs, countertops, handrails, and light switches.



#### Don't touch your mouth, nose, or eyes,

especially in crowded places.



#### Maintain healthy habits

Eat well, drink plenty of fluids, stay physically active, and get enough sleep.

### KNOW THE DIFFERENCE BETWEEN COLD AND FLU SYMPTOMS<sup>1,3,4</sup>

The common cold and flu have many of the same symptoms, which can make it difficult to tell which one you may have. In general, cold symptoms tend to be milder than flu.

Use the table below to help identify whether your symptoms suggest the cold or flu.

	COLD	FLU
<b>HOW QUICKLY SYMPTOMS BEGIN</b>	Gradually	Suddenly
<b>FEVER</b> (100.4 °F or higher)	Rare	Common
<b>COUGH</b>	Common	Common
<b>MUSCLE OR BODY ACHES</b>	Sometimes, but typically mild	Common
<b>FATIGUE</b>	Sometimes	Common
<b>WEAKNESS</b>	Sometimes	Common
<b>HEADACHE</b>	Rare	Common
<b>STUFFY NOSE</b>	Common	Sometimes
<b>SNEEZING</b>	Common	Sometimes
<b>SORE THROAT</b>	Common	Sometimes

Scan here to learn more about the symptoms and for helpful tips



## **COLD OR FLU SYMPTOMS? ADVIL CAN PROVIDE MUCH-NEEDED RELIEF!\***

	ADVIL TABLETS <sup>5</sup>	ADVIL LIQUI-GELS <sup>5</sup>	ADVIL MULTI-SYMPOM COLD & FLU <sup>5</sup>
HEADACHE	✓	✓	✓
MUSCLE ACHES	✓	✓	✓
FEVER	✓	✓	✓
NASAL CONGESTION AND SWELLING			✓
SNEEZING			✓
SINUS PRESSURE			✓
RUNNY NOSE			✓



Advil products are indicated for adults and children 12 years of age and older.

## **DISCOVER THE POWER OF ADVIL FOR YOUR TOUGHEST COLD AND FLU SYMPTOMS**

### References

1. Mayo Clinic. Common cold. Accessed June 5, 2025. <https://www.mayoclinic.org/diseases-conditions/common-cold/symptoms-causes/syc-20351605>
2. Centers for Disease Control and Prevention. Healthy habits to prevent flu. Accessed June 5, 2025. <https://www.cdc.gov/flu/prevention/actions-prevent-flu.html>
3. Centers for Disease Control and Prevention. Cold vs flu. Accessed June 5, 2025. <https://www.cdc.gov/flu/about/coldflu.html>
4. National Library of Medicine. Muscle aches. Accessed June 5, 2025. <http://medlineplus.gov/ency/article/003178.htm>
5. Haleon Data on File. Advil, Advil Liqui-Gels, and Advil Multi-Symptom Cold & Flu Drug Facts.

**\*Be sure to talk to your healthcare provider before taking any medication and read the drug facts label before use.**

© 2025 Haleon group of companies or its licensor. All rights reserved. PM-US-ADV-25-00186

Scan here to learn more  
about Advil products

