# Flu Symptoms

## Headache

## Fever

## Chills

## Muscle ache

## Dry cough

## Vomiting and/or diarrhea

# Flu Protection

## Vaccine

## Nasal-spray vaccine

# Cold or Flu

## Flu is worse than the common cold

## Symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense

## People with colds are more likely to have a runny or stuffy nose.

## Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.