

# Is it Flu?



**Someone** in your family has been diagnosed with the flu, which is highly contagious. There is a chance that you may also come down with the flu.

Here are the signs and symptoms to help you distinguish flu symptoms from other respiratory illnesses like the common cold.<sup>1</sup>

Signs and symptoms	Flu	Cold
Onset	Sudden	Gradual
Fever	Characteristic, high (over 101°F); lasting 3 to 4 days	Rare
Cough	Dry; can become severe	Hacking
Headache	Prominent	Rare
Myalgia (muscle aches and pains)	Usual; often severe	Slight
Tiredness and weakness	Can last up to 2 to 3 weeks	Very mild
Extreme exhaustion	Early and prominent	Never
Chest discomfort	Common	Mild to moderate
Stuffy nose	Sometimes	Common
Sneezing	Sometimes	Usual
Sore throat	Sometimes	Common

**Antiviral medication can help you feel better faster.  
If you think you have the flu, contact your doctor immediately.**

### ***Roche: Dedicated to Improving Influenza Management***

For more information about influenza, please visit [www.igotflu.com](http://www.igotflu.com)

Reference: 1. National Institute of Allergy and Infectious Diseases. Is it a cold or the flu? Available at: <http://www.niaid.nih.gov/publications/cold/sick.htm>. Accessed June 20, 2000.



## Pharmaceuticals

Roche Laboratories Inc.  
340 Kingsland Street  
Nutley, New Jersey 07110-1199  
[www.rocheusa.com](http://www.rocheusa.com)

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