Do you have the Flu? According to the CDC, flu vaccines reduce the risk of flu illness between 40% and 60% among the overall population during seasons when most circulating flu viruses are well-matched to the flu vaccine.

**COLD**
- Symptoms are mild
- Causes mild fatigue
- Onset is gradual
- Felt mainly in the head and nose

**INFLUENZA**
- Symptoms are severe
- Muscle or body aches throughout the body
- Onset is sudden
- Involves fever, exhaustion, loss of appetite

**Caused by viruses**
- Stuffy nose, coughing, and sore throat
- Respiratory infection