

Had influenza (flu) lately?

Maybe not. Influenza **is not** the same as the stomach “flu” or a cold.

Influenza (Flu)



I'VE BEEN IN BED FOR DAYS. IT HURTS TO MOVE.

- high fever and cough
- muscle aches and pains
- extreme exhaustion
- sore throat
- yearly flu vaccine and hand washing provide protection

Stomach “Flu” (Gastroenteritis)



I FEEL SICK TO MY STOMACH. I WANT TO THROW UP.

- stomach cramps
- vomiting and diarrhea
- yearly flu vaccine **does not** provide protection
- frequent hand washing can help protect health

MY THROAT IS SORE AND I HAVE A RUNNY NOSE.

Cold



- runny or stuffy nose
- hacking cough and sore throat
- yearly flu vaccine **does not** provide protection
- frequent hand washing can help protect health

The yearly flu shot *only* protects against influenza, not other illnesses.

To get your flu shot, talk to your doctor, public health nurse or BC NurseLine, or visit www.health.gov.bc.ca/pho/influenza.html

For more information, contact BC NurseLine at 1 866 215-4700 or 604 215-4700 for Vancouver.



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