

What's the difference between a **cold** and the **flu**?

You've got a cold

Colds come on gradually. You will experience:

- a runny nose
- then a sore throat
- then a cough

You've got the flu

The flu is a much more dangerous virus. It hits you immediately with:

- a fever
- It can lead to:
- serious infections
 - complications including pneumonia, bronchitis, meningitis and encephalitis

You can get vaccinated against the flu virus

To find out more, visit: www.lewishamccg.nhs.uk/flu



Flu jabs are free for some, including **children in primary school** and **residents over the age of 65**.