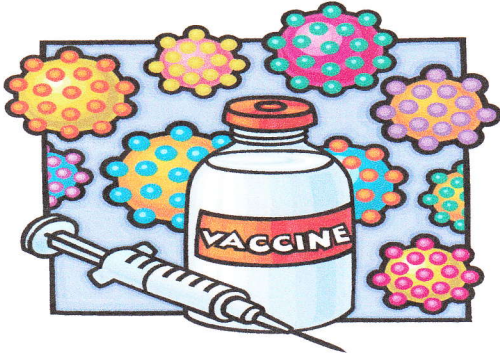




1201 11th Ave SW Minot ND 58701
 (701) 858-6700 (800) 841-7321



Flu shot season is here!

While it is true, a flu shot may not prevent you from getting the common cold, check the chart below to see what it will help protect you against.

Is It a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Rare	Characteristic, high (101-104); lasts 3-4 days
Headache	Rare	Prominent
General aches, pains	Slight	Usual; often severe
Fatigue, weakness	Quite mild	Can last 2-3 weeks
Extreme exhaustion	Never	Early and prominent
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to Moderate; hacking cough	Common; can become severe
Complications	Sinus Congestion or earache	Bronchitis, pneumonia; can be life threatening
Prevention	Respiratory hygiene (cover mouth when coughing or sneezing)	Annual vaccination; antiviral medicines; respiratory hygiene
Treatment	Over-the-counter medication for temporary symptom relief	Antiviral medicine - see your doctor

HANDWASHING IS YOUR BEST DEFENSE!

Pneumonia Shot

Usually one dose of pneumonia shot or vaccine is all that is needed. A second dose is recommended for those people age 65 or older who got their first shot when they were under 65, if it has been more than 5 years since that dose.