



حصّن نفسك احمِ  
مجتمعك  
Protect yourself  
protect your community

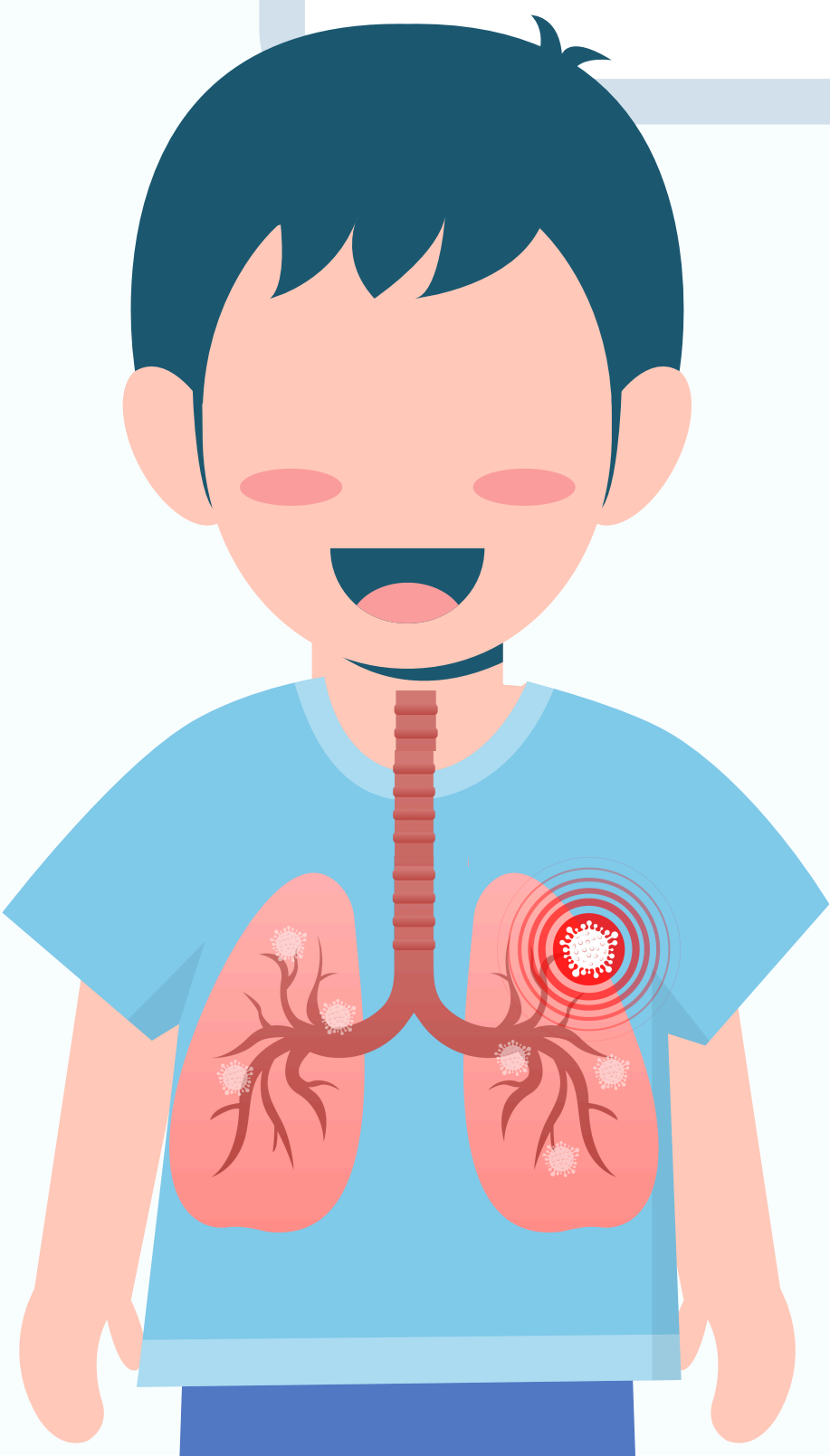
# Cold or Flu?

September 2025







# Introduction

- It can sometimes be difficult to differentiate between influenza and a cold, as they are both respiratory diseases. However, the difference lies in the type of viruses that cause each disease.
- The symptoms of the two diseases are similar. Learn with us the difference between the two diseases.



# What is the difference between flu and cold?

Flu symptoms usually appear suddenly, while cold symptoms come on gradually.

Symptoms	Cold	Flu
<div></div> <div>Fever</div>	Rarely	38°C or higher
<div></div> <div>Headache</div>	Rarely	Mostly
<div></div> <div>Muscle and joint pain</div>	Appear lightly	Mostly
<div></div> <div>Goosebumps</div>	Uncommon	Fairly common

Symptoms

Cold

Flu



Runny Nose

Rarely

Mostly



Cough

Common (may be severe)

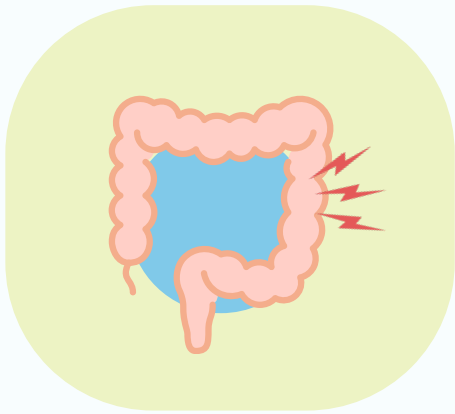
Mild to moderate; often an intermittent cough



Sore throat

Common

Sometimes



& Vomiting  
diarrhea

Sometimes

Not present



Sneezing

Rarely

Mostly



Did you know that if you have the flu, you should lie down and rest (in bed), while if you have a cold, you can continue with your daily activities as normal?

## Flu complications



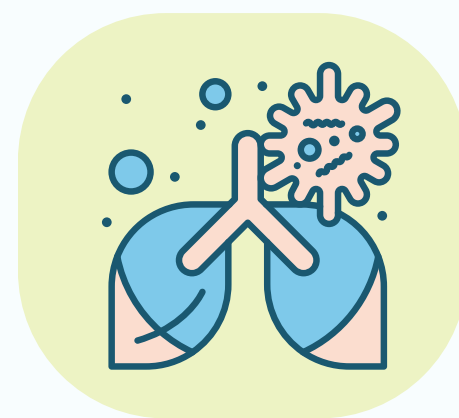
Death (for people at higher risk of complications)



Hospital admission



Pneumonia



Bronchitis

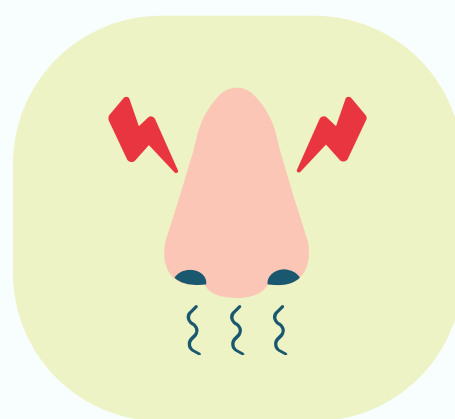


Sinusitis

## Complications of cold



Ear pain



Sinus congestion



For a healthy school  
community...

Make sure your child gets the flu vaccine.

We are pleased to inform you that the  
seasonal influenza vaccination is available in  
school clinics and health facilities under  
Emirates Health Services.

To learn more about  
health facilities, click here.



# Stay Safe

MINISTRY OF EDUCATION