



First Nations Health Authority
Health through wellness

Cold, Flu or COVID-19?



Cold

Flu

COVID-19

X

Fever

Fever

Cough

Cough

Cough

X

Fatigue

Fatigue

X

Aches &
Pains

Aches &
Pains

Sore Throat

Sore Throat

Sore Throat

Headache

Headache

Headache

Runny or
Stuffy Nose

Runny or
Stuffy Nose

X

Sneezing

X

X

X

X

Shortness of
Breath

X

X

Diarrhea

X

X

Loss of Smell
or Taste

Prevention



Up to Date
Vaccinations



Proper Hand
Washing



Public Health
Recommendations

Treatment



Plenty of
Rest



Plenty of
Water



Healthy Diet



Medication
for Fever

This list is not exhaustive of every symptom

For more information visit fnha.ca/what-we-do/communicable-disease-control



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Facts to Common Myths

Myth: The flu is not a serious illness.

Fact: Influenza can lead to serious illness, particularly older people and those with a chronic medical condition.

Myth: COVID-19 vaccines do not work because I still get sick.

Fact: COVID-19 vaccines may not prevent infection but they significantly reduce the risk of severe illness.

Myth: Getting a vaccine each year weakens the immune system.

Fact: Getting immunized each year protects you from different strains and creates better protection.

Myth: Natural immunity from the disease is better than the vaccine.

Fact: Getting a vaccine is safer and creates a more reliable immunity than getting the virus itself.

Myth: You can catch colds and flu from cold weather or getting caught in the rain.

Fact: Colds and flu are caused by viruses, not wet climates or cold air.

Myth: I am pregnant and should not get a vaccine as it is a risk to the baby.

Fact: Flu and COVID-19 vaccines are safe for both mother and baby.

High Risk Groups



Elders



Pregnant



Infants



Medical
Conditions

Some people may experience severe illness and complications with COVID-19 or the flu.

If you have concerns, please visit your local health centre or nurse practitioner.

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