



## FEELING SICK THIS SEASON? KNOW THE SIGNS FOR COLD, FLU, AND COVID-19

### What is a cold, the flu, and COVID-19?

Colds, the flu, and COVID-19 are all caused by viruses and can share similar symptoms, but they usually don't feel the same. Symptoms can vary from person to person, and not everyone will experience all of the symptoms listed below.

Common symptoms	Cold	Flu	COVID-19
Fever and/or chills		✓	✓
Headache		✓	✓
Muscle pain or body aches		✓	✓
Feeling tired or weak		✓	✓
Sore throat	✓	✓	✓
Runny or stuffy nose	✓	✓	✓
Sneezing	✓		
Cough	✓	✓	✓
Shortness of breath		✓	✓
Vomiting and diarrhea		✓	✓
Change in taste or smell			✓

Please seek immediate medical attention if you experience any of the following:

- Trouble breathing or shortness of breath
- Chest pain or pressure
- Confusion or difficulty staying awake
- Fever >40.5°C or fever for >72 hours
- Coughing up blood
- Feeling suffocated or bluish lips/face
- Cough for >3 weeks

Everyday prevention tips to help keep you safe this season:

- Wash your hands often with soap and water for at least 20 seconds
- Use alcohol based sanitizer when soap isn't available
- Avoid touching your face
- Cover coughs and sneezes
- Stay home when you're sick to protect others



### HOW OUR PHARMACY CAN HELP

Vaccination is one of the most effective ways to prevent serious illness and complications.

At Pharmacie Dufresne, we offer:

- Flu vaccines
- COVID-19 vaccines
- Pneumococcal vaccines
- and many more!

Appointments can be booked for all vaccines but walk-ins are welcome for seasonal vaccines! Ask our pharmacy team if you're eligible or due for an update!

Our Pharmacists can also help you choose safe over-the-counter products based on your health conditions and medications to help you manage your symptoms!

For more info, visit  
us at:

10-1321 Dawson Rd,  
Lorette, MB



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Pharmacy Student,  
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[lorettepharmacie.dufresne.ca](https://lorettepharmacie.dufresne.ca)



[pharmacie.dufresne@pharmachoice.ca](mailto:pharmacie.dufresne@pharmachoice.ca)



(204) 878-4122