

是傷風或是流行性感冒? Is It a COLD or the FLU?

檢查你的癥狀，並向你的醫師詢問意見。請記住施打**流行性感冒針**是保護你免於得到流行性感冒。

Check your symptoms, and ask your doctor for advice. Remember, a **FLU SHOT** is your best protection against the flu

徵狀 SYMPTOMS	傷風 COLD	流行性感冒 FLU
發燒 Fever	少有在成人和老年人兒童， 但是在嬰兒和幼童可能會有像 華氏 102 度一樣高。 Rare in adults and older children, but can be as high as 102° in infants and small children	通常華氏 102 度，但會升至華 氏 104 度 並且經常持續 3-4 天。 Usually 102°, but can go up to 104° and usually lasts 3-4 days
頭痛 Headache	少有 Rare	突發並且會變嚴重的 Sudden onset and can be severe
肌肉疼痛 Muscle aches	輕度 Mild	經常並且常常是嚴重的 Usual and often severe
疲勞和虛弱 Tiredness and weakness	輕度 Mild	會持續 2 週或更多週 Can last 2 or more weeks
精疲力竭 Extreme exhaustion	毫無 Never	突發並且會變嚴重的 Sudden onset and can be severe
流鼻水 Runny nose	常常 Often	偶而 Sometimes
打噴嚏 Sneezing	常常 Often	偶而 Sometimes
喉嚨痛 Sore throat	常常 Often	偶而 Sometimes
咳嗽 Cough	輕度的乾咳 Mild hacking cough	經常並且會變嚴重的 Usual and can become severe

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Is It a Cold or the Flu — Russian
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施打流行性感冒或是肺炎疫苗有什麼危險?

What are the risks of getting an influenza or pneumonia vaccination?

流行性感冒疫苗是從死的病毒中製造的，因此你不會得流行性感冒。

- The flu vaccine is made from killed flu viruses so it will not give you the flu.

威脅生命的神經過敏反應是非常少有的。

- Life-threatening allergic reactions are very rare.

若發生輕度問題，是在施打後即刻發生，並持續 1-2 天。

- Mild problems, if they happen, begin soon after the shot is given and last 1-2 days.

在預防針施打處的發痛、發紅、或發腫、發燒和/或是疼痛。

- Soreness, redness or swelling where the shot is given, fever and/or aches

肺炎預防針是非常安全的。

- Pneumonia vaccine is very safe.

你可能有輕微的副作用，如在預防針施打處的發紅或是疼痛。

- You may have minor side effects, such as redness or pain where the shot was given.

得到流行性感冒，或是肺炎是比施打預防針更嚴肅的問題。你若有任何問題，請向我們詢問。

Getting the flu or pneumonia is a more serious problem than getting the shots. Please ask us if you have any questions.

索取更多的資料:

請向你的健康照護提供者，或打電話至疾病管制中心 CDC 免疫專線

英文: 800/232-2522 西班牙文: 800/232-0233

網址: www.cdc.gov/nip/flu

For more information:

Ask your health care provider or call the CDC Immunization Hotline.

English: 800/232-2522 Espanol: 800/232-0233

www.cdc.gov/nip/flu