

DA LI JE TO GRIPA ILI PREHLADA? Is It a COLD or the FLU?

Redovno partite svoje simptome i pitajte svog doktora za savjet. Ne zaboravite, **VAKCINA PROTIV GRIPE** je vaša najbolja zaštita od gripe.

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

SIMPTOMI/SYMPTOMS	PREHLADA/COLD	GRIPA/FLU
Povišena temperatura Fever	Temperatura rijetka kod odraslih i starije djece, ali može dostići visinu od 102 stepena kod novorođenčadi i male djece. Rare in adults and older children, but can be as high as 102° in infants and small children	Obično dostigne 120 stepena, ali može porasti do 104 i uglavnom traje 3-4 dana. Usually 102°, but can go up to 104° and usually lasts 3-4 days
Glavobolja Headache	Rijetka Rare	Iznenadan početak može biti veoma ozbiljan. Sudden onset and can be severe
Bolovi u mišićima Muscle aches	Blagi Mild	Uobičajeni i često bolni Usual and often severe
Umor i slabost Tiredness and weakness	Blagi Mild	Može trajati više od 2 sedmice Can last 2 or more weeks
Izrazita iscrpljenost Extreme exhaustion	Nikada Never	Iznenadan početak može biti veoma ozbiljan Sudden onset and can be severe
Curenje iz nosa Runny nose	Često Often	Ponekad Sometimes
Kihanje Sneezing	Često Often	Ponekad Sometimes
Upaljeno grlo Sore throat	Često Often	Ponekad Sometimes
Kašalj Cough	Blagi suhi kašalj Mild hacking cough	Uobičajen i može se pogoršati Usual and can become severe

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Is It a Cold or the Flu — Bosnian
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**Koji su rizici primanja vakcine protiv influence ili protiv upale pluća?
What are the risks of getting an influenza or pneumonia vaccination?**

- Vakcina protiv gripe sadrži mrtve viruse gripe tako da vam ne mogu izazvati gripu.
- The flu vaccine is made from killed flu viruses so it will not give you the flu.
- Alergične reakcije opasne po život su veoma rijetke.
Life-threatening allergic reactions are very rare.
- Blage poteškoće (ukoliko se dese) počnu ubrzo nakon primanja vakcine i traju 1-2 dana: bolovi, crvenilo ili otek u predjelu gdje vakcina primljena, povišna temperatura i/ili bolovi.
- Mild problems, if they happen, begin soon after the shot is given and last 1-2 days.
Soreness, redness or swelling where the shot is given, fever and/or aches
- Vakcina protiv upale pluć je veoma bezbjedna.
- Pneumonia vaccine is very safe.
- Možda ćete osjetiti blage kontraindikacije kao što su crvenilo ili bol u predjelu ruke gdje je primljena vakcina.
- You may have minor side effects, such as redness or pain where the shot was given.

Zaraza upalom pluća ili gripom je ozbiljniji problem nego primanje vakcine. Molimo da nam se javite ako imate ikakvih pitanja.

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

Za više informacija:

Obratite se svojoj lokalnoj zdravstvenoj instituciji ili pozovite CDC Liniju za Imunizaciju.
Engleski jezik: 800-232-2522 Španski: 800-232-0233
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