

A cold can turn into the flu.

**FALSE!**

They are entirely different viruses.

Dry heat or cold will make you sick.

The weather doesn't cause a cold or flu—viruses do!

If you get the flu shot, you're immune to the flu.

**UNFORTUNATELY, NOT!**

Flu shots cover 70-80% of flu viruses.

Starve a fever.

**DON'T DO THAT!**

Your body needs more fluids to replace what you've lost and try your best to maintain your normal calorie level to boost your immune system.

The flu vaccine causes the flu.

**WRONG!**

Some side effects are low-grade fever, headaches, or muscle-aches, but not the flu.

Avoid dairy when you're sick.

There's no relationship between dairy phlegm.

Don't go outside with wet hair.

Your hair has nothing to do with developing a virus or infection.



## Cold & Flu

### Myths

**BUSTED!**

If you don't have a fever, you're not contagious.

**FALSE!**

If you have a cold, you're most contagious for the first 2-3 days regardless of if you have a fever or not.