

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 re-  
place 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 develop-  
ing 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.