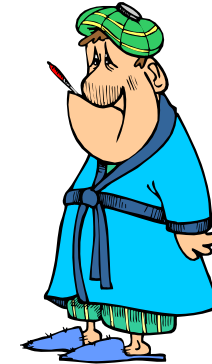


What is the difference between the Flu and a Cold?

SYMPTOMS	FLU	COLD
Fever	High Temperature 102° - 104°F 38.8° - 40°C Sudden Onset Lasts 3 to 4 Days	Rarely
Headache	Can be severe	Rarely
Fatigue and Weakness	Extreme, can last up to 2 to 3 weeks Difficult to "keep going"	Mild Can usually keep up with regular schedule
Body Aches and Pains	Usually, often severe	Sometimes
Runny, Stuffy Nose	Sometimes	Common
Sneezing	Sometimes	Common
Sore Throat	Sometimes	Common
Coughing	Extreme, can become severe	Mild to Moderate, Hacking Cough
Complications	Bronchitis, Pneumonia Can be life-threatening	Sinus Congestion or Earache
Prevention	Annual Flu Shot in October or November Wash hands often Use tissues and dispose Don't share drinks, utensils, etc. Eat well, exercise, get sleep, don't smoke Avoid being around people with the flu	No Vaccination Available Wash hands often Use tissues and dispose Don't share drinks, utensils, etc. Eat well, exercise, get sleep, don't smoke Avoid being around people with the colds

The Flu Vs. The Cold



What's the difference?

What can I do to not feel so BAD!!!

What causes colds and flu?

Colds and the Flu (Influenza) are both caused by viruses.

Viruses are bits of genetic material surrounded by a protein shell. If a virus gets inside some of your cells, its genetic instructions trick your cells into making many copies of the virus. The infected cells eventually die and the virus copies are released to infect new cells.

Cold and Flu viruses infect the cells that line the respiratory tract that carry air to your lungs.

You cannot get the flu virus from a flu shot. The flu vaccine is not a live viral vaccine, it cannot cause the flu.

How do I catch a cold?

Cold viruses are spread through hand to hand contact. If someone with the virus sneezes or coughs into their hands, does not wash their hands, and then shakes your hand or touches something that you touch, the virus is then passed onto you. If you touch your mouth, nose or eyes, the virus then enters your system.

What do I do if I have a cold?

- Rest. Get enough sleep at night.
- Drink a lot of liquids, not alcohol.
- Take your temperature. If above 99°F or 37.2°C, take what you usually take, i.e. acetaminophen or ibuprofen.
- If your fever is high, dress lightly, don't cover up with blankets.
- Nasal decongestants
- Take warm, steamy showers
- Gargle with warm salt water
- Don't smoke
- Don't take antibiotics, they don't have any effect on viruses.

How do I catch the flu?

Flu viruses are spread through hand to hand contact just like a cold virus. It is also spread through the air by coughing or sneezing, therefore it may be easier to catch than a cold.

What do I do if I have the flu?

- Do everything that is listed in this pamphlet for a cold.
- You may have to stay home and rest.

When do I need to seek health care?

- High fever lasting 3 days
- Severe headache, especially if associated with neck stiffness
- Wheezing, or difficulty breathing
- Cough producing colored sputum
- Sinus pain with colored nasal discharge
- Ear pain
- Painful swelling of neck
- Sore throat that doesn't go away
- Unusual rash develops
- Symptoms or fatigue that does not improve, or gets worse after 7 days.