

Is it a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Rare	Usual; high (100° to 102°F, occasionally higher especially in children); lasts 3 to 4 days
Headache	Rare	Common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; can last 2 to 3 weeks
Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
TREATMENT	Antihistamines; Decongestants Nonsteroidal anti-inflammatory medicines	Antiviral medicines – see your doctor
PREVENTION	Wash your hands often with soap and water; avoid close contact with anyone with a cold	Annual vaccination; antiviral medicines – see your doctor
COMPLICATIONS	Sinus congestion; Middle ear infection; Asthma	Bronchitis; pneumonia; can worsen chronic conditions; can be life-threatening. Complications more likely in the elderly, those with chronic conditions, young children and pregnant women
FOR MORE INFORMATION	Flu.gov www.flu.gov	Centers for Disease Control www.cdc.gov

What YOU can do to prevent the flu:

1. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
2. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
3. Avoid touching your eyes, nose or mouth. Germs spread this way.
4. Try to avoid close contact with sick people.
5. If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

For more information, please visit <http://www.cdc.gov/h1n1flu/> and <http://www.h1n1inPA.com>



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