



# Cold VS Flu

**Special points of interest:**

- Flu and the common cold are both respiratory illnesses, but they are caused by different viruses.
- Vaccines are the best tool we have to prevent influenza.
- If you do get sick stay home until you've been fever free for 24 hours without the use of medication.



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## Is there a difference?



### Cold

Fever	Rare in adults and older children, but can be as high as 102° F in infants and
Cough	Mild, hacking cough
Headache	Rare
Muscle aches	Mild
Tiredness/weakness	Mild
Extreme exhaustion	Never
Runny nose	Often
Sneezing	Often
Sore throat	Often

The common cold is an upper respiratory infection and can be caused by many different types of viruses. The common cold is contagious and lasts 7-14 days.

### Flu

Fever	Usually 102°F, but can rise to 104°F and usually lasts 3 to 4 days.
Cough	Often, can become severe
Headache	Sudden onset, can be severe
Muscle aches	Usual, often severe
Tiredness/weakness	Can last 2 or more weeks
Extreme exhaustion	Sudden onset, can be severe
Runny nose	Sometimes
Sneezing	Sometimes
Sore throat	Sometimes

Influenza (the flu) is a highly contagious viral infection. The flu affects the lungs and sinuses. A person with influenza can be contagious for about 1 week after symptoms appear.

**Every year in the United States, on average:**

- 5 to 20 percent of the population get the flu.
- More than 200,000 people are hospitalized from flu related complications.
- About 36,000 people die from flu-related causes.



# Is it the cold or the flu?



Flu and the common cold are both respiratory illnesses, but they are caused by different viruses. Flu and the common cold have similar symptoms (e.g. fever, sore throat). It can be diffi-

cult to tell the difference between them. Your doctor can give you a flu test within the first few days of your illness to determine whether you have the flu. In general, the flu is worse than the common cold. Symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense with the flu.

Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

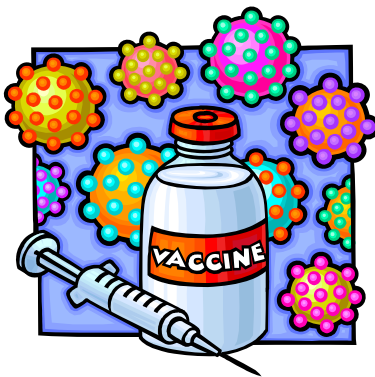
## H1N1 (swine flu)

**H1N1 (Swine) flu is a new influenza virus causing illness in people. H1N1 (Swine) flu is contagious.**

This new virus was first detected in people in the United States in April 2009. The virus is spreading from person-to-person, in the same way that regular seasonal influenza viruses spread.

The symptoms of H1N1 (Swine) flu are similar to seasonal flu, but may include additional symptoms such as **vomiting and diarrhea**.

**Illness with the new H1N1 (Swine) flu virus has ranged from mild to severe.** While the vast majority of people who have contracted H1N1 (Swine) flu have recovered without needing medical treatment, hospitalizations and deaths have occurred.



**About 70 percent of people who have been hospitalized with H1N1 (Swine) flu have had one or more medical conditions that placed them in the “high risk” category for serious seasonal flu-related complications.** These include pregnancy, diabetes, heart disease, asthma and kidney disease.

### Vaccine

The first and most important step to prevent the flu is to get vaccinated.

The seasonal flu vaccine and the H1N1 (Swine) flu vaccine are separate injections. A seasonal vaccine is distributed routinely every year, and the H1N1 (Swine) flu vaccine has been developed for distribution in the fall 2009 flu season.

**Unlike the seasonal flu virus, adults older than 64 do not yet appear to be at increased risk of H1N1 (Swine) flu-related complications.** CDC laboratory studies have shown that about one-third of adults older than 60 may have antibodies

*The first and most important step to prevent the flu is to get vaccinated.*

against this virus. It is unknown how much protection may be afforded against H1N1 (Swine) flu by an existing antibody.

**The seasonal vaccine is not expected to protect against the H1N1 (Swine) flu and the H1N1 (Swine) flu vaccine is not intended to replace the seasonal flu vaccine.** Each is intended to be used alongside one another.

## If you do get sick:

- Get plenty of rest, drink lots of fluids, and avoid using alcohol and tobacco.
- Phone your doctor to discuss over-the-counter medications which can help you feel better.
- Limit your contact with other people as much as possible.
- Stay home until you've been fever

free for 24 hours without the use of medications.

- Watch for emergency warning signs that mean you should seek immediate medical care. These signs in adults are: difficulty breathing, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting, flu-like symptoms improve but then return with fever

and worse cough.

- Be aware of your flu symptoms. Flu can lead to bronchitis and pneumonia, and can be life threatening.

