

Fact Sheet: Cold, Flu and You

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Symptom (may vary)	Cold	Flu
Fever	Rare	Common, high (100-102)
Headache	Rare	Common
Vomiting	Rare	Sometimes
Stuffy nose and sneezing	Common	Sometimes
Sore throat	Common	Sometimes
Cough and chest discomfort	Mild to moderate	Very common, can be severe
General aches and pains	Mild	Common, can be severe
Fatigue, weakness	Sometimes	Very common

Treating a cold:

- Use over the counter medications, such as antihistamines, decongestants and cough syrup
- Plenty of fluids; avoid alcohol and caffeinated drinks
- Avoid tobacco use and smoking
- Usually, seeing a doctor is not necessary, unless symptoms worsen

Treating the flu:

- Drink plenty of fluids; avoid alcohol and caffeinated drinks
- Get plenty of rest
- Use over the counter medications to lessen or to relieve symptoms
- If you see a physician, they may prescribe antiviral medication
- See a doctor if symptoms worsen

Note: Both colds and flu are caused by a virus and are very contagious. In order to avoid becoming infected, avoid close contact with others; wash your hands often and thoroughly; and keep your hands and fingers away from your eyes, nose and mouth, which are routes the virus can take into your body. People with influenza are contagious before symptoms begin to show.

Respiratory Etiquette:

- Respiratory etiquette means, basically, keeping your germs to yourself and here's how:
- ✓ **When you cough or sneeze, make sure to cover your nose and mouth. Use a tissue or handkerchief. Or, use the sleeve of your shirt at the crook of the elbow.**
 - ✓ **Make sure to dispose of tissues properly, so others don't have to touch them.**
 - ✓ **Wash your hands regularly, especially before or after touching something, or before handling food.**
 - ✓ **If you are sick, stay home: don't go to work, don't go shopping.**
 - ✓ **If your child is sick, DO NOT send them to school or daycare.**
 - ✓ **Never share eating utensils or drink after someone else.**
 - ✓ **Even with your family be considerate and try to avoid spreading the virus.**