



Is It A Cold Or The Flu?

Symptoms	Cold	Flu
Fever	Rare	Usual, high (100-102°)
Headache	Rare	Common
Aches and pains	Slight	Usual, often severe
Feeling weak/tired	Sometimes	Usual, may last 2-3 weeks
Extreme tiredness	Never	Usual, at the start of the illness
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild-moderate, hacking	Common, can be severe

5 STEPS TO TAKE IF YOU GET THE FLU:

1. Stay at home and rest. CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other things you have to do and no one else can do for you.
2. Avoid close contact with well people in your house so you won't make them sick.
3. Drink plenty of water and other clear liquids to prevent fluid loss (dehydration).
4. Treat fever and cough with medicines you can buy at the store.
5. If you get very sick or are pregnant or have a medical condition that puts you at higher risk of flu complications (like asthma...), call your doctor. You might need antiviral medicine to treat flu.

Although the flu vaccine is the best way to prevent getting the flu, there are antiviral medications that can reduce the severity and shorten the durations of influenza symptoms by 1-1 ½ days if given within 48 hours of the first symptoms. The antiviral medications zanamivir (Relenza) and oseltamivir (Tamiflu) are used to prevent and treat influenza A and B infections. Tamiflu helps adults 18 years and older and Relenza helps adults and children 7 years and older who have uncomplicated flu infections and who have had symptoms for no more than 2 day.

PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL

