


A COLD OR THE FLU?

	<h2 style="text-align: center;">FLU</h2>	<h2 style="text-align: center;">COLD</h2>
WHAT IS IT?	Contagious viral illness affecting 5-20% of the population per year.	Any of at least 100 viruses affecting about 83% of the population per year with an average of three colds per person per year.
CAUSE	Spread through the air or person to person contact through coughing and sneezing. Contagious from 1 before to 5 days after symptoms begin.	Spread through the air or person to person contact most frequently through hand shaking. Most contagious 2 to 4 days after symptoms begin.
INCREASED RISK	<ul style="list-style-type: none"> ▪ Age: 6 mos. -5yrs. or over age 50 ▪ Contact with ill person ▪ Nursing home residents ▪ Chronic diseases ▪ Health care workers ▪ Pregnant women 	<ul style="list-style-type: none"> ▪ Winter months/cold weather ▪ Children in day care ▪ Contact with ill person ▪ Crowded living ▪ Unsanitary living ▪ Stress, fatigue or allergies
PREVENTION	<ul style="list-style-type: none"> ▪ Flu shot Oct.- Dec. ▪ Cover your nose when coughing or sneezing ▪ Wash hands often ▪ Plenty of rest, fluids, a well balanced diet and regular exercise. ▪ Avoid touching your face without first washing your hands to prevent spread. 	<ul style="list-style-type: none"> ▪ Cover your nose when coughing or sneezing ▪ Wash hands often. ▪ Avoid crowded places, especially in the winter. ▪ Plenty of rest, fluids and a well balanced diet and regular exercise. ▪ Avoid touching your face without first washing your hands to prevent spread.
FIRST SYMPTOMS	Sudden	Gradual
FEVER	Usually above 101F	Usually below 101F
BODY ACHES	Often	Not usually
COUGH	Frequently	Sometimes
SORE THROAT	Frequently	Not usually
DURATION	5 - 10 days	7 - 14 days
COMPLICATIONS	Bacterial infections: ear, throat, sinuses or lungs - has been known to lead to death in fragile populations.	Bacterial infections: ears, throat, sinuses or lungs - usually milder than flu complications.
MEDICATIONS	Over the counter: Ibuprofen for body aches. Acetaminophen for fever and sore throat. Decongestants, nose drops, cough syrups or throat lozenges. Prescription: antiviral medications that must be started within 48 hrs. of symptoms. Antibiotics for bacterial complications.	Over the counter for symptoms: Acetaminophen, decongestants, nose drops, cough syrups or throat lozenges. Vitamin C (up to 1000 mg. per day) may shorten duration. Prescription: No medications, including antibiotics, can cure the cold. Antibiotics can be given for bacterial complications.
ACTIVITY AND DIET	Rest is important, get plenty of sleep. Regular diet with extra fluids including water, juice, tea and carbonated lemon lime sodas.	Avoid vigorous activity, but bed rest is not needed. Regular diet with extra fluids including water, juice, tea and carbonated lemon lime sodas.

