

FLU FACTS

Did you ever wonder if it was just a cold or the flu?

Symptoms	Flu	Cold
Onset:	sudden	gradual
Fever:	moderate/high	none/minimal
Headache:	common	rare
Joint pain:	may be severe	mild
Stuffy nose:	sometimes	common
Weakness:	can be significant	mild
Exhaustion:	sometimes	never
Coughing:	nonproductive/dry	productive/moist

Symptoms usually appear 1 to 3 days after exposure.

Flu virus is spread from person to person by droplets from the nose, throat and mouth through sneezing, coughing, and speaking.

The virus can live on surfaces for up to 8 hours at room temperature. You **cannot become infected** by receiving the flu vaccine.

Person is contagious usually 1 day prior to onset of symptoms and up to 7 or more days after becoming ill.

Treatment for flu:

- * Stay at home.
- * Rest and drink lots of fluids
- * Prescription drugs called antiviral agents can be used to prevent or treat the flu.

Flu prevention:

- * Get a flu shot every year, best time is October or November.
- * Reduce contact with infected persons whenever possible.
- * Cough or sneeze into your sleeve.
- * Use good hygiene and hand washing before eating and after using the bathroom.

