

Is it the cold or flu?

Both are respiratory (breathing) illnesses but the flu is much worse.

Symptoms	Cold	Flu
Fever	rare in adults and older children, but can be as high as 102° F in infants and small children	usually 102° F, but can go up to 104° F and usually lasts 3 to 4 days
Headache	rare	sudden onset and can be severe
Muscle aches	mild	usual, and often severe
Tiredness and Weakness	mild	can last two or more weeks
Extreme exhaustion	never	sudden onset and can be severe
Runny nose	often	sometimes
Sneezing	often	sometimes
Sore throat	often	sometimes
Cough	mild hacking cough	usual, and can become severe

How not to get the flu

- Wash your hands often
- Keep away from people who have cold or the flu
- Keep your hands away from your eyes, nose and mouth
- Clean things like counters, tables and door knobs

Who needs a flu shot

People who:

- Are 50 years old or older
- Have a chronic illness like diabetes
- Have a lung problem like asthma
- Have heart problems
- Are pregnant

Call for an appointment:

- Local hospital or clinic



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(Influenza) FLU-DP,IM,P,TX,L

Taking Care of the Flu



When you have the flu, you may have

- Headache
- Tired/weak
- Body aches & pain
- Fever, above 101
- Chills
- Cough
- Chest pain



What causes it?

A virus called influenza (in-flu-en-za)
You can get it:

- from someone who coughs or sneezes on you.
- by touching or sharing things with a person who has the flu.

What can I do when I have the flu

Here are some things that will make you feel better.

- Have a lot of drinks. Things like water, juices, soups or herbal teas
- Keep the air in your home moist. Use a humidifier, or put a pot of water on the stove and let it make steam
- Rest. Let your body heal itself

Some medicines that might help are:

- for pain and fever - acetaminophen (a-ce-ta-min-o-phen)
- for runny nose - diphenhydramine (di-phen-hy-dra-mine)

See the doctor, if

- You get worse and worse or you stay sick for more than 7 days
- You have a hard time breathing
- You have chest pain
- Your fever does not go away after you take acetaminophen (a-ce-ta-min-o-phen)
- You are pregnant



When you have the flu, do not:

- Share food or drinks
- Have drinks with caffeine
- Drink alcohol
- Smoke anything
- Kiss anyone
- Cough on others

Do not give aspirin to anyone under 20 years old!

