

# IS IT A COLD OR FLU?

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

#FIGHT FLU



## WAYS TO STOP THE SPREAD OF GERMS THAT CAN CAUSE COLDS AND THE FLU

- \* Cover coughs and sneezes with a tissue. Dispose of used tissue immediately in the trash.
- \* Keep hands clean. Wash hands with soap and water when visibly dirty, after coughing or sneezing, after using the restroom, before preparing food. Alcohol based hand rubs (hand sanitizers) may be used for situations other than the ones mentioned above or if soap and water are not available.
- \* Avoid touching the nose, mouth and eyes. Germs are spread that way.
- \* Routine clean and disinfect surfaces and objects that are touched often, such as desks, countertops, doorknobs, and faucets, especially when someone is ill.
- \* Children and staff should stay at home when sick at least 24 hours after they are fever-free without the use of fever reducing medications.
- \* Avoid close contact with people who are sick.