

How Are You Feeling?

Suspect the Flu? Act Fast



T H E F L U A N D Y O U

Cover your coughs and sneezes.

Cold and influenza (flu) are both respiratory illnesses caused by different viruses. Symptoms are similar, such as stuffy nose and sore throat. With influenza,

however, the symptoms are usually more intense and marked by headache, fever, chills, chest discomfort and unusual fatigue.

If you have a temperature of 100° F or 37.8° C or higher, seek medical attention as soon as possible to find out if it's the flu (or another illness). If you do indeed have the flu, health officials advise you not to return to work or school until you've been fever-free for 24 hours, without the help of medication.

To Feel Better

Drink up. Drink plenty of fluids. But avoid alcoholic and caffeinated beverages, which contribute to dehydration.

Gargle away. For sore throat, gargle with warm salt water or drink warm lemon water with honey several times a day.

Ease the pain. Try aspirin to relieve headaches and body aches.

Steam on. To temporarily relieve congestion, hold your face over a steaming cup of herbal tea or bouillon, or take a warm shower.

Rest up. Help your body fight the infection.

	COLD	FLU
Typical symptoms:	Stuffy nose, sore throat, sneezing	Fatigue, fever, headache, body aches and coughing
Symptom severity:	Milder	More intense
Seriousness:	Can lead to secondary infections such as sinusitis	Can lead to more serious problems, such as pneumonia and hospitalization
Duration:	2-14 days, usually 1 week	up to 2-3 weeks, with unusual fatigue