



## How To Tell the Difference Between the Common Cold and Flu

	Cold	Flu
Illness	Respiratory (breathing) Illness caused by viruses	Respiratory (breathing) Illness caused by influenza viruses
Symptoms		
Fever at or above 100F	Uncommon in adults or older children	Usual and can last 3 to 4 days
Headache	Usual	Usual with sudden onset, and can be severe
Muscle Aches	Mild	Usual and often severe
Tiredness and Exhaustion	Mild	Usual with sudden onset, and can be severe, and can last 2 or more weeks
Runny Nose	Usual	Usual
Cough	Usual	Usual and can become severe
Chest Discomfort	Uncommon	Uncommon
Vomiting	Uncommon	Uncommon in adults but more likely in very young children

### Preventing the Flu

1. Vaccination – getting a flu shot each year
2. Good Health Habits - simple steps in your day-to-day life can help you stay healthy during flu season
3. Antiviral Drugs – four antiviral drugs (amantadine, rimantadine, zanamavir, oseltamivir) are approved for use in preventing the flu

### Treating the Flu

- ✓ Getting plenty of rest
- ✓ Drinking lots of fluids
- ✓ Avoid using alcohol and tobacco
- ✓ Taking over-the-counter medicine, such as aspirin or acetaminophen (e.g. Tylenol) to relieve the fever and muscle aches. **Never give aspirin to children or teenagers who have flu-like symptoms, particularly fever.**

**OHF will be having flu clinics on the following days only:**

**Tuesday, January 9th  
Tuesday, January 16th**

**Location: 200 Medical Plaza, Ste 224 at 2:00pm to 3:30pm.**