

Flu Facts

Symptoms Come On Suddenly and May Include:

- Fever and chills
- Headache
- Cough
- Body Aches and fatigue
- Sore Throat
- Runny or stuff nose

Prevention:

- Get a flu vaccine - the CDC recommends annual flu vaccines as the first and most important step in preventing the flu
- Wash hands frequently
- Get extra sleep to boost your immune system
- Try to avoid others that are sick

The Flu is a virus, antibiotics do not kill viruses, but antiviral medications can help.

Treatment:

- Antiviral medications should be started within the first 48 hours, if possible
- Over-the counter pain relievers to control fever (Tylenol, Ibuprofen)
- Drink plenty of fluids
- Get extra sleep

How to Tell the Difference between the Common Cold and Flu

Signs and Symptoms	Flu	Common Cold
Onset of symptoms	Sudden	Gradual
Fever	>100o or feeling feverish	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Chest Discomfort, cough	Common	Mild to moderate
Stuffy Nose	Sometimes	Common
Sore Throat	Sometimes	Common
Headache	Common	Rare

Please refer to cdc.gov for more information on this year's flu season