

Is It a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Rare	Usual; high (100.4°F to 102°F) is typical; lasts 3 to 4 days
Headache	Rare	Common
General Aches, Pains	Slight	Usual; often severe and sudden
Fatigue, Weakness	Sometimes	Usual; can last up to 2 to 3 weeks
Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
Treatment	Antihistamines Decongestants Advil® (ibuprofen) or Tylenol® (acetaminophen) or Aleve® (naproxen)	Advil® (ibuprofen) or Tylenol® (acetaminophen) or Aleve® (naproxen); Antivirals only as advised by physician
Prevention	Wash your hands often with soap and water; avoid close contact with anyone with a cold	Vaccination; wash your hands; cover your cough; stay home if ill
Complications	Sinus congestion Middle ear infection Asthma	Bronchitis, pneumonia; can worsen chronic conditions; can be life-threatening. Complications more likely in those with chronic conditions and/or obesity, young children, and pregnant women

For additional information, visit:

<http://www.fau.edu/facilities/ehs/safety/H1N1.php>

www.flu.gov

<http://www.cdc.gov/h1n1flu/qa.htm>

Or call:

CDC Hotline: 1-800-CDC-INFO (232-4636)

The Florida H1N1 Flu Hotline: 877-352-3581

Environmental Health & Safety: 561- 297-0028

Student Health Services: 561- 297-3516

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