

IS IT A COLD OR THE FLU?

SYMPTOMS	COMMON COLD	INFLUENZA
Fever	Rare	Usual, sudden onset 39-40 C, lasts 3 to 4 days
Headache	Rare	Usual, can be severe
General aches and pains	Sometimes, mild	Usual, often severe
Fatigue and weakness	Sometimes, mild	Usual, may last 2-3 weeks or more
Extreme fatigue	Unusual	Usual, early onset, can be severe
Runny, stuffy nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, coughing	Sometimes,	Usual, can be severe
Complications	Can lead to sinus congestion or earache	Can lead to pneumonia and respiratory failure; can worsen a current chronic condition; can be life-threatening
Prevention	Frequent hand hygiene	Annual flu shot and frequent hand hygiene

Regardless of your symptoms, do not come to work if you are ill.

PREVENTION: HAND HYGIENE AND VACCINATION

Infection Control is in your hands—keep them clean.