

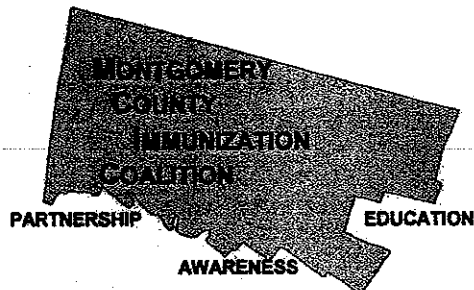
# Is it a COLD or the FLU?



<b>COLD</b>	<b>SYMPTOMS</b>	<b>FLU</b>
Rare	Fever	Characteristic, high (101-104°F); lasts 3 to 4 days
Rare	Headache	Prominent
Slight	General aches, pains	Usual; often severe
Quite mild	Fatigue, weakness	Can last 2 to 3 weeks
Never	Extreme exhaustion	Early and prominent
Common	Stuffy nose	Sometimes
Usual	Sneezing	Sometimes
Common	Sore throat	Sometimes
Mild to moderate, hacking cough	Chest discomfort, cough	Common; can become severe
Sinus congestion or earache	<b>COMPLICATIONS</b>	Bronchitis, pneumonia; can be life threatening
Respiratory hygiene	<b>PREVENTION</b>	Annual vaccination; antiviral medicines; respiratory hygiene
Over-the-counter medication for temporary symptom relief	<b>TREATMENT</b>	Antiviral medicines - see your doctor

For more information, contact your doctor or your local health department at:

Norristown: 610-278-5145  
Pottstown: 610-970-5040  
Willow Grove: 215-784-5415



*Fever over 100°F Cough Sore Throat Runny or stuffy nose Body Aches Headache	Chills Fatigue And in some cases: Vomiting Diarrhea (* )Not everyone with flu will have a fever
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People infected with H1N1 are contagious 1 day before getting sick, and up to 7 days after that. This time period can be even longer in children and people with weakened immune systems.

The Pennsylvania Department of Health cautions anyone with the above symptoms to stay at home (except to get medical care) until at least 24 hours after the fever ends naturally (without the use of fever-reducing medication). Do not attempt to go to school or work. Doing so could spread the virus to those who are otherwise well.

**What are “emergency warning signs” that should signal anyone to seek medical care urgently?**

<b>In Children:</b> Fast breathing or trouble breathing Bluish skin color Not drinking enough fluids Not waking up or interacting Being so irritable that the child does not want to be held Flu-like symptoms improve but then return with fever and worse cough Fever with rash	<b>In Adults:</b> Difficulty breathing or shortness of breath Pain or pressure in chest or abdomen Sudden dizziness Confusion Severe or persistent vomiting
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**CARING FOR THE SICK PERSON IN YOUR HOME**

Wash hands with soap and water – or use an alcohol-based hand sanitizer – after you touch the person, used tissues, utensils or their bed linens.

Do your best to avoid face to face (less than 3 feet away) contact.

Hold young children with their chins on your shoulder to avoid coughs in your face.

Talk with your healthcare provider about your taking antiviral medication to prevent infection.

If you are pregnant or in a group considered most vulnerable to complications from H1N1, try to avoid being the primary caregiver in the home if at all possible.

If possible, sick persons should be kept in a room apart from other family members and use a separate bathroom. This bathroom should be cleaned daily with household disinfectant (see below).

**Cleaning Methods When a Sick Person Is In Your Home**

According to The Centers for Disease Control and Prevention, several germicides, including chlorine, hydrogen peroxide, soap, iodine-based antiseptics and alcohol are effective against human influenza viruses.

Clean bedside tables, bathrooms, doorknobs, kitchen counters and children’s toys daily with a household disinfectant.

Linens, utensils and dishes used by the sick person do not need to be washed separately, but should not be shared prior to cleaning.

Avoid hugging bed linens before laundering to prevent becoming contaminated, and tumble dry on the hot setting. Wash hands immediately after handling dirty laundry.