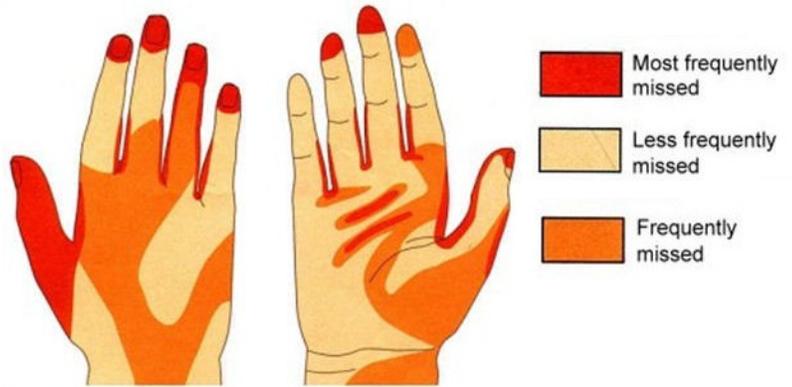


# THE FLU ENDS WITH



## Clean your hands

Wash your hands with soap & warm water after coughing, sneezing or using the bathroom



## Cover your nose & mouth

Use a tissue when coughing or sneezing, if you don't have a tissue, cough or sneeze into your upper sleeve or elbow--not your hands



## Contain your germs

Stay home if you have the flu. If you have fever or chills AND a cough or sore throat, call or visit your doctor.



# Is it The Flu, a cold or Whooping Cough?

A helpful guide to your symptoms

Symptom	Influenza "The Flu"	Colds (Viral)	Pertussis (Whooping Cough)
<b>Fever</b>	Usually present & high (102-104°) typically lasts 3-4 days	Uncommon. If present, typically low-grade	Uncommon. If present, typically low-grade
<b>Chills</b>	Common	Uncommon	Rare
<b>Headache</b>	Very common	Uncommon	Uncommon
<b>Aches &amp; pains, muscle aches, chest discomfort</b>	Very common, often severe	Slight to Moderate	Uncommon
<b>Fatigue &amp; weakness</b>	Moderate to severe, can last up to 14-21 days	Mild	Mild, usually appears well between coughing attacks
<b>Extreme exhaustion</b>	Very common early in illness	Extremely rare	Rare
<b>Stuffy or runny nose</b>	Common	Very common	Common early in the disease
<b>Sneezing</b>	Sometimes	Common	Common early in the disease
<b>Sore throat</b>	Common	Common	Uncommon
<b>Cough - Character</b>	Non-productive (dry) cough is typical	Hacking cough, often productive. Usually responds to cough medications	Variable character - coughing fits & nighttime cough are common. Generally not responsive to cough medications. "Whooping" may or may not occur
<b>Cough - Severity</b>	Moderate	Mild to Moderate	Variable - mild to severe, infants appear quite ill and may present with cough or apnea
<b>Cough - Duration</b>	Typically 3-7 days, occasionally to 14 days	Typically 3-7 days	Persistent cough, almost always longer than one week- usually 2-6 weeks, sometimes more than 10.
<b>Cough - Coughing fits</b>	Uncommon	Rare	Common, often leads to vomiting or gagging
<b>Infectious Period</b>	One day before symptoms start and 3-7 days after	Varies, typically 4-7 days after symptom onset but can be longer	From before cough begins to 21 days after cough begins (or until taking 5 days of appropriate antibiotics). Spreading becomes more effective after cough begins.