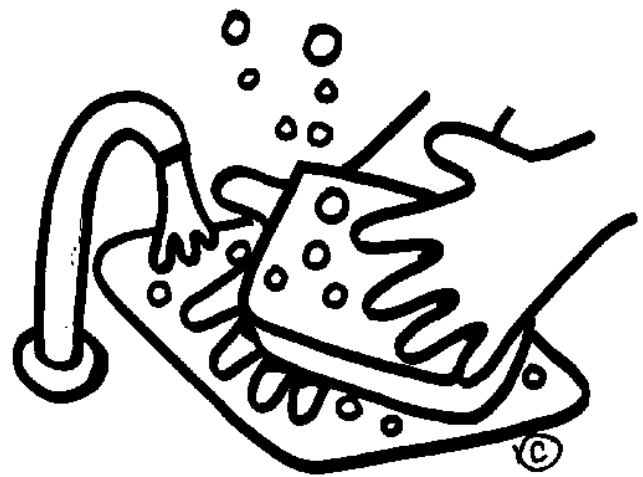


THE FLU ENDS WITH



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, tell your teacher or school nurse.

 **Winnebago County Health Department**

815-720-4000

www.wchd.org

www.flu.gov



Is it The Flu, a cold or Whooping Cough?

A helpful guide to your symptoms

Symptom	Influenza "The Flu"	Colds (Viral)	Pertussis (Whooping Cough)
Fever	Usually present & high (102-104°) typically lasts 3-4 days	Uncommon. If present, typically low-grade	Uncommon. If present, typically low-grade
Chills	Common	Uncommon	Rare
Headache	Very common	Uncommon	Uncommon
Aches & pains, muscle aches, chest discomfort	Very common, often severe	Slight to Moderate	Uncommon
Fatigue & weakness	Moderate to severe, can last up to 14-21 days	Mild	Mild, usually appears well between coughing attacks
Extreme exhaustion	Very common early in illness	Extremely rare	Rare
Stuffy or runny nose	Common	Very common	Common early in the disease
Sneezing	Sometimes	Common	Common early in the disease
Sore throat	Common	Common	Uncommon
Cough - Character	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
Cough - Severity	Moderate	Mild to Moderate	Variable - mild to severe, infants appear quite ill and may present with cough or apnea
Cough - Duration	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.
Cough - Coughing fits	Uncommon	Rare	Common, often leads to vomiting or gagging
Infectious Period	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.