

Facts About Flu

FLU vs COLD

- The flu is different from a cold.
- The flu usually comes on suddenly.
- Flu and cold are both respiratory illnesses, yet they are caused by different types of viruses.
- Children can have additional flu symptoms that are more common in children than adults, including vomiting and diarrhea.

KNOW THE SIGNS AND SYMPTOMS OF FLU. REMEMBER **F.A.C.T.S.**



SYMPTOMS	FLU	COLD
F ever	Usually present (100° or greater)	Rare
A ches	Usual, often severe	Slight
C hills	Fairly common	Uncommon
T iredness	Usual	Sometimes
S udden Onset	Symptoms appear suddenly	Symptoms appear gradually

SO WHAT IF YOU HAVE THE FLU?

- It is very difficult to distinguish the flu from other viral or bacterial causes of respiratory illnesses on the basis of symptoms alone.
- See your doctor quickly. There are tests available to diagnose the flu.
- It's a common misperception that antibiotics treat the flu. Antibiotics do not treat or prevent the flu. Antibiotics fight against bacterial infections.
- There are prescription flu medicines (capsules, liquid or inhaled) that directly fight the flu virus in the body and can lessen symptoms and shorten the time you are sick by 1-2 days.
- Prescription flu treatment should begin within 2 days (48 hours) of flu symptom onset.