

Wash Your Hands with Soap



**It will help to keep you and your
co-workers from getting sick!**

**Stop the spread of germs that
make you and others sick!**

Cover Your Cough

**Cough or sneeze into
your sleeve, not your
hands, or...**



**...use a tissue and
throw it away.**

Fact Sheet – How to Differentiate: Cold, Allergy, Influenza

SYMPTOMS	COLD	ALLERGY	INFLUENZA
Fever	Rare	Rare	Very common
Headache	Sometimes	Unusual	Usual – Can be severe
General aches and pains	Sometimes, mild	Rare	Usual – Often severe
Fatigue and weakness	Sometimes, mild	Rare	Usual – Severe
Extreme fatigue	Unusual	Rare	Usual early onset – Can be severe
Runny, stuffy nose	Common	Very common	Sometimes
Sneezing	Common	Very common	Sometimes
Sore throat	Sometimes	Unusual	Very common
Cough	Sometimes	Unusual	Very common
Chest discomfort, coughing	Sometimes, mild	Rare	Usual – Can be severe



Call HealthLine at 811 for professional health advice anytime.

Flu Decision Chart

Protecting Yourself, Protecting Others.

IF YOU HAVE FLU SYMPTOMS, Use these guidelines to help make the best decision for you and your loved ones.

SITUATION	WHAT TO DO
<p>The person does not have a fever (temperature less than 38° C or 100.4° F), but does have these symptoms:</p> <ul style="list-style-type: none"> • sore throat • stuffy nose • runny nose • cough 	<p>It's probably a cold. Get some rest.</p>
<p>The person has a fever over 38° C (100.4° F). The fever came on suddenly and is accompanied by these symptoms:</p> <ul style="list-style-type: none"> • cough • sore throat • significant fatigue • muscle aches • headache 	<p>It's probably the flu. Stay home and rest.</p>
<p>The person has a fever over 38° C (100.4° F) and belongs to a group at risk of developing complications (children under 2 years of age, pregnant women, and individuals with chronic diseases).</p>	<p>See a doctor today.</p>
<p>The person has a fever over 38° C (100.4° F) and one of these symptoms:</p> <ul style="list-style-type: none"> • shortness of breath • vomiting for more than four hours • difficulty breathing • Fever in a child who is too quiet and less active than normal, or who refuses to play or is agitated. 	<p>See a doctor within four hours or go to the hospital emergency department.</p>
<p>The person has a fever over 38° C (100.4° F) and one of the following:</p> <ul style="list-style-type: none"> • difficulty breathing that persists or worsens • severe neck stiffness • blue lips • difficulty moving • Fever in an infant under 3 months of age • no urination for 12 hours • convulsions • drowsiness, confusion, disorientation, or difficulty being roused 	<p>Go to the hospital emergency department immediately. Call 911 if necessary.</p>



Always use hygiene and prevention measures to avoid contamination:

- wash your hands frequently
- cough or sneeze into the crook of your elbow rather than your hands
- keep your surroundings clean