

Is it the Flu?

Flu is caused by influenza viruses. It spreads by droplets from coughing and sneezing. It usually spreads from person to person, although it can spread by touching objects with the virus on it, and then touching the mouth or nose (a common action among children). Persons may be able to infect others one day before getting symptoms and up to seven days after getting sick. That means you can give it to someone before you know you have it! And, by all means, anyone who has it needs to stay home.

<i>Symptom</i>	<i>Flu</i>	<i>Common Cold</i>
<i>Fever</i>	> 101 degrees for 3 – 5 days	Rare
<i>Chest Discomfort</i>	Common	Mild to Moderate
<i>Stuffy Nose</i>	Sometimes	Common
<i>Muscles Aches & Pains</i>	Usual, often severe	Slight
<i>Headache</i>	Prominent	Rare
<i>Tiredness, weakness</i>	Can last 2 to 3 weeks	Very Mild
<i>Sneezing</i>	Sometimes	Usual
<i>Extreme Exhaustion</i>	Early & Prominent	Never
<i>Sore Throat</i>	Sometimes	Common
<i>Cough</i>	Dry cough, can become severe	Hacking
<i>Nausea, vomiting, and/or diarrhea</i>	More common among children than adults	Unusual