

Is it a Cold or the Flu?

Not every cough or fever means that you have the flu. Only your health-care provider can diagnose your symptoms. Your provider may do a test to determine if it is the flu and which strain you have.

The flu and the common cold are both respiratory illnesses but they are caused by different viruses.

The Flu is usually worse than the common cold, and symptoms such as fever, headache, body aches, feeling very tired, and dry cough are more common and stronger.

The Common Cold will usually run it's course in a few days and you will start to feel better.

Call your doctor if you:

- Have a fever that doesn't go away in a couple of days.
- Have chest pain or feel short of breath.
- Feel dehydrated or experience a lot of vomiting.
- Have a cough that won't go away

Other illnesses that may look like a cold are:

Bronchitis –inflammation of the bronchi causing wheezing, shortness of breath and cough that produces mucus.

Pneumonia –deep inflammation of the lungs with a productive cough with greenish or yellow mucus, chest pain and more shortness of breath.

Sinusitis -nasal congestion, pressure in head, sore throat.

Pertussis -persistant cough for more than two weeks.

For more information:

Centers for Disease Control & Prevention
www.cdc.gov/flu

Be a Germstopper
www.cdc.gov/germstopper/

An Ounce of Prevention
www.cdc.gov/ncidod/op

Handwashing & Schools
www.itsasnap.org/snap/about.asp

National Institute of Health
<http://www.niaid.nih.gov/factsheets/cold.htm>

Yamhill County Public Health
412 NE Ford St.
McMinnville, OR 97128
Ph. 503-434-7525 or 554-7842
www.co.yamhill.or.us/ph
TTY 800-735-2900

What you should know

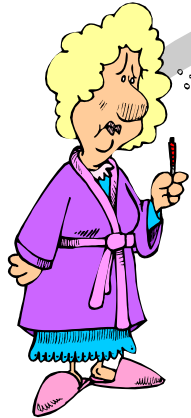
Fight the Cold this Season



Yamhill County Public Health

Stop the Cold in it's Tracks

Nobody likes to get sick. While people can get sick any time of the year, winter time is more common for the flu and colds. There are good health habits that can help you fight off the flu or colds.



Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

It is recommended that people at-risk for pneumonia get a pneumonia shot every 5 years. After the age of 65 you only need the shot once.

Clean your hands. Washing your hands often will help protect you from germs. Always wash your hands after going to the bathroom and before preparing or eating food. Be sure to use soap and scrub your hands together thoroughly.



Studies show that the influenza virus can last on surfaces for 2-8 hours.



Cover your mouth and nose. Cover your mouth and nose with a tissue when coughing or sneezing. Or cough into your sleeve. It may prevent those around you from

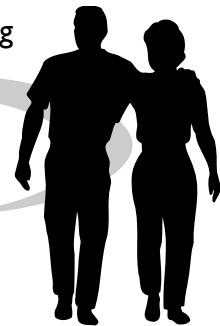
getting sick. Put your used tissue in the trash.

Stay home when you are sick. If possible, stay home from work, school and other places when you are sick. You will help prevent others from catching your illness and give you a chance to get better.



Start a good habit today

- Get plenty of sleep
- Drink lots of water
- Eat healthy
- Engage in physical activity
- Manage your stress
- Limit your alcohol intake
- Cut back on smoking



The "stomach flu" is not the flu at all. Gastroenteritis diseases such as *norovirus* cause vomiting and diarrhea. They are easily passed from person to person. Washing your hands often is the best way to avoid the "stomach flu".