

FLU vs COLD

<u>Symptoms</u>	<u>Influenza</u>	<u>Cold</u>
Onset	Abrupt	Gradual
Fever	Usually 3-4 days	Rare
Aches	Often severe	Slight
Chills	Often	Rare
Fatigue	Often	Occasional
Sneezing	Occasional	Often
Stuffy nose	Occasional	Often
Sore throat	Occasional	Often
Cough	Often severe	Mild/moderate
Headache	Often	Rare

What to do if you have flu symptoms?

Independent Living Residents:

STAY HOME and CALL OPD. Tell the staff the symptoms you are experiencing, when they started, and any medications you have taken. OPD staff will coordinate an evaluation and will alert Dining Services and Housekeeping.

Taylor Hall Residents:

STAY IN YOUR APARTMENT. Use your pendant to call for help. Nursing staff will arrange for an apartment visit.

OPD: 443-578-8024

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INFLUENZA – THE FLU

The flu is an illness caused by the influenza virus. It is very contagious and the effects can range from mild to deadly!

Signs and Symptoms:

- Fever and chills
- Fatigue and weakness
- Cough, often dry
- Sore throat
- Runny/stuffy nose
- Muscle/body aches
- Headaches
- Chest discomfort, often related to, and worsened by, cough

How the flu is spread:

- Direct contact, such as shaking hands
- Small droplets, from sneezing and coughs
- Contact with infected objects such as, handkerchiefs and tissues
- Doorknobs, handles, pens/pencils, keyboards

This information provided by the
BROADMEAD INFECTION CONTROL COMMITTEE

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