



THE FLU GET INFORMED:

With the start of the fall weather comes the start of a new flu season. Each year the influenza virus infects many Canadians. Contracting influenza can lead to time off work and serious complications, such as pneumonia, bronchitis and even fatality in high risk populations.

TIPS TO AVOID GETTING AND PASSING ON THE FLU:

- Viruses can be spread easily in large crowds and can live on hard surfaces for up to 2 days - the flu virus can live on your hands for up to 3 hours so wash your hands often
- Wash your hands with soap & water for at least 15 seconds
- Always keep alcohol-based hand sanitizer nearby – it must be at least 60% alcohol to be effective
- Cover your mouth and nose with a tissue when you cough or sneeze, or cough into your upper sleeve if you don't have a tissue
- Throw tissues out right away – don't put them in your pocket or on your desk
- Avoid touching your face – the virus enters through the eyes, nose & mouth

DIFFERENCES BETWEEN INFLUENZA AND THE COMMON COLD

SYMPTOM	FLU	COLD
Fever	Usually present, high (102°F to 104°F or 38°C to 41°C); lasts 3 to 4 days	Uncommon
Headache	Very common (severe)	Uncommon
Aches & Pains	Common and often severe	Slight
Fatigue & Weakness	Starts early (can be severe) and can last up to 14 to 21 days	Mild
Extreme Exhaustion	Very common at the start	Never
Stuffy Nose	Sometimes	Common
Sneezing	Sometimes	Common
Sore Throat	Sometimes	Common
Chest Discomfort, Cough	Common	Mild to moderate, hacking cough
Complications	Can lead to pneumonia or respiratory failure; can worsen a current chronic condition; can be life-threatening	Can lead to sinus congestion or earache