

Is it a cold or the flu?

The cold and flu can both cause similar symptoms. Check your symptoms with the chart below and find out which infection you might have.

Symptom	Cold	Flu
Fever	Rare	Usual, high fever (39°C to 40°C) with sudden onset, lasting three to four days
Headache	Rare	Usual, can be sudden
General aches and pains	Generally mild	Usual, often severe
Fatigue (tiredness)	Generally mild	Usual, severe, may last 2 to 3 weeks
Runny, stuffy nose	Common	Common
Sneezing	Common	Sometimes
Sore throat	Common	Common
Nausea and vomiting	None	Uncommon but can occur, especially in children
Diarrhea	None	Uncommon but can occur, especially in children
Chest discomfort, cough	Sometimes, mild	Usual, can be severe to moderate Cough may last for weeks
Complications	Can lead to sinus congestion or earache	Can lead to pneumonia and respiratory failure; worsen a chronic condition, or be life-threatening

Public Health Clinics



Call for information about clinic hours and locations:
1-800-922-0096



STAYING HEALTHY

reducing your risk of catching and spreading infections



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What are germs?

“Germ” is a general term for many types of tiny organisms. Two types of germs are: bacteria and viruses. Bacteria live almost everywhere in our environment, but only 50 are known to cause infections in humans. Viruses cause far more infections than bacteria and spread more easily. If more than one person in your family has an illness, chances are it’s a viral infection.

How are germs spread?

Germs can live on hard surfaces for up to 48 hours. Most people get sick when they touch something contaminated with germs and then touch their eyes, nose or mouth. In fact, hands spread 80% of infections, including the common cold and flu. The best way to prevent the spread of germs is by washing your hands often.



Six steps to stop the spread of germs

1. Wash your hands

- Wash your hands often using soap and water or an alcohol-based hand sanitizer
- Remember to wash your hands thoroughly before and after using the washroom; before and after handling food; after coughing, sneezing or blowing your nose; after shaking hands; and before touching your face
- Hand washing should last for at least 15 seconds

2. Cover coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue away and wash your hands
- If you do not have a tissue, cough or sneeze into your sleeve – not your hands!

3. Get your flu shot annually

- Family doctors, pharmacies and Public Health Units offer free immunizations

4. Don't share personal items

- Don't share objects that have been in other people's mouths, including toothbrushes, water bottles, cigarettes, etc.

5. Stay home when you are sick

- Stay home until you no longer have a fever and are feeling well for one full day

6. Clean frequently touched items and surfaces

- Keep common surfaces and items such as door knobs, phones, light switches and remotes clean and disinfected

