

# Influenza vs. Cold

Influenza (the FLU) is caused by a highly contagious virus, which is spread by coughs and sneezes.

The flu is a respiratory illness with symptoms developing one to three days after contact with the virus.

For people with an underlying medical condition or reduced immunity, Flu can trigger potentially life-threatening complications.

### These complications can include:

- Increased acuity of existing symptoms from the underlying disease, such as a severe asthma attack if the patient has asthma; increased risk from lung disorders (COPD); or worsening of congestive heart failure.
- Pneumonia or Bronchitis; and
- Sinus or Ear infections.

Colds are also a respiratory illness caused by a highly contagious virus which is both airborne (droplets sneezed into the air) and transferred by physical contact. Symptoms develop 24 to 72 hours after infection. The disease is usually mild with few complications.



Flu season generally occurs during the fall, winter and early spring

# Flu Facts

- F** FEVER
- A** ACHES
- C** CHILLS
- T** TIREDNESS
- S** SUDDEN SYMPTOMS



### DID YOU KNOW

#### In B.C., the flu vaccine is free for the following residents and their close contacts:

- Those with chronic health conditions
- Health care workers/emergency responders/corrections officers
- People 65+ and children 5 months and 5 years
- Pregnant women
- Care home residents and visitors
- Aboriginal peoples
- Corrections officers and those serving in potential outbreak settings (i.e. ships)

#### In Alberta, the flu vaccine is free for all residents

Park Place Seniors Living | 1656 West 75 Ave, Vancouver  
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# Flu or Cold?

Learn how to tell the difference between a Cold and the Flu



## Protect your loved ones

The common cold and influenza are both upper respiratory infections and therefore share similarities. Both are highly contagious and spread through coughing and sneezing.

For both, initial symptoms may be similar since Flu and Colds generally create congestion, fever, coughing, and tiredness. But it is important to identify the illness because potential risk and treatments are different.

For those with pre-existing conditions or at risk of complications, flu can kill. Use the checklist at right to identify the illness. If the illness appears to be the flu, visit the doctor as soon as possible. A doctor can prescribe an antiviral drug, like Tamiflu, which attacks the flu virus to keep it from multiplying and thus reduces symptoms.

To be effective, an antiviral drug must be given at the first sign of illness.

By accurately identifying the illness, you can better protect yourself and your loved ones.



- **Al Jina**, President,  
Park Place Seniors  
Living



*Reviewed by a group of Park Place  
Family Representatives in April 2022*

## Flu & Cold Symptom Checklist

Use this checklist to decide if you have a cold or the flu

SYMPTOM	COLD	FLU
FEVER	Rare	Usually present with a temp. of 38-39 C for 3 to 4 days
ACHES	Slight body aches and pains can be present	Severe aches and pains present
CHILLS	Uncommon	Fairly common
TIREDESS	Fairly mild	Moderate to severe (unexplained tiredness)
SUDDEN SYMPTOMS	Symptoms develop over a few days	Rapid onset within 3-6 hours. High fever, aches and pains.
COUGH	Hacking, productive cough often present	Common, nonproductive, dry cough
SNEEZING	Commonly present	Not commonly present
STUFFY NOSE	Usual with a cold and resolves within a week	Not commonly present
SORE THROAT	Common with a cold	Not commonly present
CHEST DISCOMFORT	Mild to moderate	Severe chest discomfort is common
HEADACHE	Fairly uncommon	Fairly common