Is it a Cold – Or Influenza?

According to the Centers for Disease Control and Prevention, influenza (or the flu), and the common cold are both respiratory illnesses caused by different viruses. These two illnesses have similar symptoms, making it difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

### 6 Myths About the Flu

1. The flu vaccine will give you the flu. False – the flu vaccine will not give you the flu!
2. Antibiotics can kill the germs that cause flu/cold. FALSE – the flu and common cold are caused by viruses, not bacteria. Antibiotics kill ONLY bacteria.
3. You can catch the flu from going out in cold weather without a coat, with wet hair or by sitting near a drafty window. This is NOT true!
4. If you get the flu shot too early in the season, it won’t last the entire season. Nope, this is not true.
5. Healthy people don’t need to be vaccinated. FALSE – everyone should be vaccinated!

### Flu Shot Clinics

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Monday, Oct. 20th</td>
<td>10:30 AM–2:00 PM</td>
<td>West Hall (Lobby)</td>
</tr>
<tr>
<td>Tuesday, Oct. 21st</td>
<td>10:30 AM–2:00 PM</td>
<td>College of Nursing, 1st Floor Hallway</td>
</tr>
<tr>
<td>Wednesday, Oct. 22nd</td>
<td>10:30 AM–2:00 PM</td>
<td>School of Medicine &amp; Health Sciences (East Foyer)</td>
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<tr>
<td>Thursday, Oct. 23rd</td>
<td>10:30 AM–2:00 PM</td>
<td>West Hall (Lobby)</td>
</tr>
<tr>
<td>Tuesday, Oct. 28th</td>
<td>9:00 AM–11:30 AM</td>
<td>Memorial Union, Loading Dock</td>
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<tr>
<td>Wednesday, Oct. 29th</td>
<td>6:30 AM–9:00 AM</td>
<td>Gambling, Room 110</td>
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<tr>
<td>Thursday, Oct. 30th</td>
<td>9:00 AM–11:30 AM</td>
<td>Facilities, Cottonwood Room</td>
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<td></td>
<td>1:00 PM–3:00 PM</td>
<td>EERC, Stevens-Maximilian Room</td>
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<td>Twamley, Room 305</td>
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### Tips to Prevent a Cold or the Flu

- The single best way to prevent the flu is to get a flu vaccine each season. Flu season starts in October and it takes about 2 weeks for the protective properties of the vaccine to take effect. Flu shots are offered at Student Health Services at UND (for students only). However, Flu shot clinics will also be available around campus for staff and faculty.
- Avoid close contact with sick people.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Remember: Eating healthy and exercising will greatly reduce your risk of getting the flu!

### Emergency Warning Signs in Adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever and a worse cough
- Contact your health provider if you experience any of the above symptoms

### Flu Symptoms

- Headache
- Fever/Chills
- Runny or Stuffy Nose
- Cough
- Tiredness/Fatigue
- Sore Throat
- Muscle or Body Aches
- Potential Vomiting or Diarrhea

#### What To Do When You’re Sick with the Flu

- Stay at home, rest, and avoid contact with other people until 24 hours after a fever has gone.
- Drink plenty of water and other clear liquids to prevent fluid loss (dehydration).
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.