



# The flu and cold

There are many types of respiratory infections, but the flu and cold are the most common. Both respiratory infections are often confused because many signs and symptoms are similar. Some people are only mildly affected while others are more symptomatic. The consequences for vulnerable people can be severe (e.g. Pneumonia).

## Description

**Influenza** is a highly contagious respiratory infection that affects the nose, throat and lungs. It is caused by the influenza virus.

The virus circulates mainly during the fall and winter.

**A cold** is an infection of the respiratory tract commonplace. It is accompanied by mild to moderate cough. Unlike the flu, colds rarely causes fever.

## Symptoms

For influenza, the signs and symptoms occur within 1 to 4 days after exposure to the virus and the common cold is 2 to 3 days after exposure to the virus.

Signs and symptoms	Influenza	Cold
Fever	<ul style="list-style-type: none"> <li>• usual</li> <li>• sudden onset</li> </ul>	<ul style="list-style-type: none"> <li>• Rare</li> </ul>
Cough	<ul style="list-style-type: none"> <li>• usual</li> <li>• sudden onset</li> </ul>	<ul style="list-style-type: none"> <li>• usual</li> <li>• Mild to moderate</li> </ul>
Headache	<ul style="list-style-type: none"> <li>• usual</li> <li>• sometimes intense</li> </ul>	<ul style="list-style-type: none"> <li>• few</li> </ul>
Aches and pains		<ul style="list-style-type: none"> <li>• few</li> <li>• light</li> </ul>
Tired	<ul style="list-style-type: none"> <li>• usual</li> <li>• Intense</li> <li>• Duration: a few days, sometimes more</li> </ul>	<ul style="list-style-type: none"> <li>• usual</li> <li>• slight</li> </ul>
Nausea and vomiting	<ul style="list-style-type: none"> <li>• Usual in children</li> <li>• Few adults</li> <li>• Often accompanied by diarrhea and abdominal pain in children</li> </ul>	<ul style="list-style-type: none"> <li>• few</li> <li>• light</li> </ul>
runny or stuffy nose	<ul style="list-style-type: none"> <li>• few</li> </ul>	<ul style="list-style-type: none"> <li>• usual</li> </ul>
sneezing		
Sore throat		





# The flu and colds

## Transmission Modes

Respiratory infections are transmitted through:

- Contact with a contagious person to another (e.g. Hands contaminated with secretions)
  - Contact with the environment and objects contaminated with respiratory secretions
  - Of droplets in the air through the mouth or nose during coughing or sneezing
- Generally for the flu, you can spread the virus one day before symptoms and up to 5 days after the beginning of these
- Generally for cold, you can transmit up to termination of symptoms

## Treatment

Most healthy people recover without treatment. However, for influenza, cough and fatigue can last up to two weeks and more.

You can relieve symptoms by following these recommendations:

- Rest
- Hydration
- Contact a healthcare provider for appropriate treatment

## Infection prevention and control measures

For the targeted customer, the best way to protect against complications of influenza is to receive an annual influenza vaccination.

Some hygiene measures can prevent transmission of respiratory infections:

- Hand washing hands frequently
- Clean the immediate environment (e.g. surface of furniture, countertops)
- Cover your mouth with your elbow or shoulder when you cough
- Blow your nose with a tissue, (discard later in the trash) and wash hands after

Additional precautions are in place in health care and care settings for people who have respiratory infections signs and symptoms.

To ensure the safety of your loved one, do not visit if you are sick.

## Notice

These informations don't, in any way, replace the advice of a health professional. If you have questions about your health, call Info-Santé at 811 or consult a healthcare professional.

