

Seasonal Influenza vs Pandemic Influenza

Key differences between seasonal and pandemic flu.

SEASONAL FLU

- ◆ A respiratory illness that can be spread from person to person and is caused by human influenza viruses.
- ◆ Follows a predictable pattern, typically every winter. Most people have some immunity and a vaccine is available each year.
- ◆ Regular flu symptoms: fever, cough, runny nose and muscle pain.
- ◆ Healthy adults are not usually at risk for any serious complications.
- ◆ The medical community can usually meet public and patient needs.
- ◆ Average number of deaths in the US is about 36,000 each year.
- ◆ Vaccines are developed before the flu season based on known virus strains.
- ◆ Supplies of antiviral drugs are usually available.
- ◆ Small impact on the community with sick people staying home from work and school.
- ◆ Small impact on US economy and world economy.

PANDEMIC FLU

- ◆ A global outbreak that occurs when a new influenza virus appears in humans that can cause serious illness and spread easily from person to person.
- ◆ Doesn't happen often-only three times in the 20th century. The last time was 1968.
- ◆ Symptoms would be more serious and there would be more medical complications.
- ◆ Healthy people may be at risk for serious complications.
- ◆ The medical community will be overwhelmed.
- ◆ The number of deaths would be much higher, possibly millions worldwide.
- ◆ Vaccine developed early may not be effective. Once an effective vaccine is developed, it may not be available for several months.
- ◆ May not have any effective antiviral drugs or the supply may be limited.
- ◆ Big impact on the community. There could be travel restrictions, school closings, limited business hours or closings and canceling of public gatherings.
- ◆ Big impact on US economy and world economy.

IS IT A COLD OR FLU?

<u>SYMPTOM</u>	<u>COLD</u>	<u>FLU</u>
Fever	Rare	Usual: high (100 F - 102 F)
Headache	Rare	Common
General Aches Pains	Slight	Usual, often severe
Fatigue, Weakness	Sometimes	Usual, often severe
Extreme Exhaustion	Never	Usual, at beginning
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort,	Mild-Moderate	Common, can be
Cough	Hacking Cough	severe

Rehydration Solution for Adults & Teens

- *4 cups of clean water
- *2 tablespoons of sugar
- *1/2 teaspoon of salt

Mix all ingredients until the sugar/salt disappears. You can drink the solution at room temperature.

Please Note: Do not boil the solution because that will reduce the solution's helpfulness.

Important Medical Disclaimer

The information contained in this publication is not intended to replace the expert care and advice of a qualified physician. Please contact your personal physician regarding any medical problems.

