

<i>Description/ Symptoms</i>	Respiratory Infection			Gastrointestinal Infection
<i>Virus Involved</i>	Influenza A or B (seasonal flu)	Pandemic H1N1 Influenza (swine flu)	Common Cold (many different kinds of viruses involved: rhinovirus, coronavirus, adenovirus, etc.)	Stomach “flu” (Norovirus or “Norwalk-like” viruses are the most common cause)
<i>Fever</i>	Usually high with sudden onset and lasts three to four days	Same as Seasonal Influenza	Sometimes	Rarely
<i>Headache</i>	Usually, can be severe in some people	Same as Seasonal Influenza	Rarely	Sometimes
<i>Chills, Aches, Overall Muscle Pain</i>	Usually and often severe	Same as Seasonal Influenza	Rarely	Very Common

<i>Loss of Appetite</i>	Sometimes	Often – nausea, vomiting and diarrhea can occur	Sometimes	Very Frequently – usually associated with nausea, vomiting and diarrhea
<i>Cough</i>	Usually	Usually	Sometimes	Rarely
<i>Sore Throat</i>	Sometimes	Sometimes	Sometimes	Rarely
<i>Sniffles or Sneezes</i>	Sometimes	Sometimes	Usually	Rarely
<i>Extreme Tiredness</i>	Usually, may last 2-3 weeks or longer	Same as Seasonal Influenza	Rarely	Sometimes
<i>Involves Whole Body</i>	Usually	Usually	Never	Mostly Stomach and Bowel
<i>Symptoms Appear Quickly</i>	Yes	Yes	Gradually	Yes
<i>Complications</i>	Pneumonia, kidney failure,	Same as Seasonal	Sinus infection or Ear infection	Dehydration

	<p>swelling of the brain, death</p>	<p>Influenza. Those with chronic illnesses, asthma, young children, pregnant women and those who are obese are more at risk</p>		
<p><i>Self Care</i></p>	<p>Stay home, utilize over the counter medication to treat fever and pain. Avoid close contact with people for 7 days after symptoms appear or until symptom free if</p>	<p>Same as Seasonal Influenza</p>	<p>Avoid contact with others until symptoms disappear. Use over the counter medication to treat aches and pains. See your healthcare professional if symptoms</p>	<p>Stay hydrated by drinking plenty of fluids. See your healthcare professional if symptoms worsen. Noroviruses can be spread up to 3 days after symptoms disappear.</p>

	longer than 7 days. See your healthcare professional if symptoms worsen.		worsen.	
<i>Prevention</i>	<p>WASH YOUR HANDS Seasonal Influenza</p> <p>vaccine is available in early fall</p>	<p>WASH YOUR HANDS H1N1 vaccine may be</p> <p>available in mid fall</p>	<p>WASH YOUR HANDS No vaccine available</p>	<p>WASH YOUR HANDS No vaccine available</p>