

Epi Watch

Cold vs. Flu: What is the Difference?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar flu-like symptoms, it can be difficult to tell the difference between them based on symptoms alone.

Below are some differences between the cold and the flu.

Cold

- 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.
- There is no vaccine against the common cold.



Flu

- In general, the flu is worse than the common cold.
- Flu symptoms include fever, body aches, extreme tiredness, and dry cough which are more common and intense.
- Every year individuals may be vaccinated against the flu.
- Antiviral drugs can be started 2 days after becoming sick to help reduce the severity of flu symptoms.



Special Points of Interest

Did you know?

5% - 20% of the population gets the flu each year.

TIPS: Preventing the Spread of Germs

- **Avoid close contact**
Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- **Cover your mouth and nose**
Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- **Clean your hands**
Washing your hands often with soap and water or an alcohol-based hand sanitizer will help protect you from germs.
- **Avoid touching your eyes, nose or mouth**
Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.



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CURRENT NEWS

Oseltamivir Resistance Detected in Influenza A (H1N1) Viruses During the 2008-2009 Influenza Season

The Oklahoma State Department of Health (OSDH) has received notification from the Centers for Disease Control and Prevention of circulation of influenza A (H1N1) viruses resistant to oseltamivir. This data is preliminary as there has been limited influenza activity in the US and few viruses have been available for antiviral resistance testing. However, since September 28, 2008, 39 influenza viruses from 11 states have been tested for antiviral resistance. Of these, almost all tested A (H1N1) isolates (24/25) were resistant to oseltamivir, yet all H1N1 viruses were sensitive to zanamivir. All five influenza A (H3N2) and nine influenza B viruses tested were sensitive to oseltamivir and zanamivir. Additionally, all influenza A (H1N1) viruses were sensitive to adamantanes, and all influenza A (H3N2) viruses tested were resistant to adamantanes. Vaccination remains the cornerstone of influenza prevention efforts. While the primary strategy for preventing complications of influenza infections is annual vaccination, antiviral medications (such as oseltamivir) with activity against influenza viruses can be effective for the prophylaxis and treatment of influenza.

For more information visit <http://www.health.ok.gov>.

The Tulsa Health Department collects Emergency Room chief complaint data to monitor the emergence of illnesses, such as influenza, in our community. For additional information on THD's county-wide surveillance system go to www.tulsabiowatch.com

REPORTED CASES OF SELECTED DISEASES

Disease	Tulsa County		Oklahoma	
	Cases Reported Year-to-Date 2008	Cases Reported Year-to-Date 2007	Cases Reported Year-to-Date 2008	Cases Reported Year-to-Date 2007
<i>Campylobacter</i>	43	40	409	499
<i>E. coli</i> O157:H7/(STEC)	9	3	26	22
<i>Giardia</i>	23	18	146	159
Hepatitis A	1	3	7	13
Hepatitis B (acute & chronic)	27	87	172	205
Hepatitis C (acute & past/present)	196	346	943	1,681
Rabies (Animal)	0	1	42	76
<i>Salmonella</i>	97	63	759	667
<i>Shigella</i>	45	50	164	148

As of January 2008, OSDH is no longer reporting to counties for investigation Hepatitis C cases for individuals over the age of 40 years old. Discrepancies between state and county numbers may result from cases being reported directly to the county. Also, Tulsa County totals for Hepatitis B includes perinatal cases.

Surveillance Report

