



In This Issue

Gaps in care Outreach topic: COLD AND FLU

Follow the Link: Facebook UOP website

Helpful Links: Centers for Disease Control and Prevention

Contact Us:

18800 Hubbard Drive,
Ste. 200
Dearborn, MI 48126
313-240-9867

<http://www.uopdocs.com>
nada@uopdocs.com

COLD VERSUS FLU

Flu and the common cold are both respiratory illnesses but they are caused by different viruses. In general, flu is worse than the common cold, and symptoms are more intense. Cold generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Flu can have very serious associated complication.

Special tests that usually must be done within the first few days of illness can tell if a person has the flu.

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

UOP encourages you to see your health care provider regularly*

UOP: Focuses on the delivery of high quality healthcare and honors commitments to our providers, patients, and our participating health plans.