



Task Title: Reading for Health Awareness

OALCF Cover Sheet – Learner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path: Employment ☐ Apprenticeship ☐

Secondary School ☐ Post Secondary ☐ Independence ☐

Task Description: The learner will read an article to understand similarities and differences between a cold and the flu.

Main Competency/Task Group/Level Indicator:

- Find and Use Information/Read continuous text/A1.2
- Communicate Ideas and Information/Write continuous text/B2.1
- Communicate Ideas and Information/Complete and create documents/B3.1b

Materials Required:

- Pen/pencil and paper and/or digital device

Learner Information

Many people want to stay informed about health issues that can affect them and their families. Reading articles can help us learn more and stay up-to-date on health trends.

Read “The Difference Between a Cold and the Flu”.

The Difference Between a Cold and The Flu

It's important to know the difference between flu and cold symptoms. A cold is a milder respiratory illness than the flu. While cold symptoms can make you feel bad for a few days, flu symptoms can make you feel quite ill for weeks. The flu can also result in serious health problems such as pneumonia and hospitalization.

In Canada, about 2,000 people die from the flu every year. However, most people get sick for only a week or two. There is a vaccine you can get for the flu. Many seniors, and other people with chronic health problems, choose to get this shot each year because they are more vulnerable to severe illness, complications, and hospitalizations.

There are over 2,000 types of viruses that cause colds. The cold virus gets into your nose. You will get the virus on your hands and then if you touch your nose, the virus will get into your nose. That is why it is important to keep your hands clean. There is no vaccine for the common cold.

What are common cold symptoms?

Cold symptoms usually begin with a sore throat, which usually goes away after a day or two. Stuffiness, runny nose, and congestion often follow. A cough may start by the fourth and fifth days. Fever is uncommon in adults, but a slight fever is possible. Children are more likely to have a fever with a cold.

Cold symptoms usually last for about a week. During the first three days that you have cold symptoms, you are contagious. This means you can pass the cold to others, so stay home and get some much-needed rest.

If cold symptoms do not improve after a week, you may have a bacterial infection, which means you may need antibiotics.

Sometimes you may mistake cold symptoms for allergies or a sinus infection. If cold symptoms begin quickly and are improving after a week, then it is usually a cold, not an allergy. If your cold symptoms do not seem to be getting better after a week, check with your doctor to see if you have developed an allergy or sinusitis.

What are common flu symptoms?

Flu symptoms are usually more severe than cold symptoms and come on quickly. Symptoms of flu include sore throat, fever, headache, muscle aches and soreness, congestion, and cough. Some types of flu have symptoms of vomiting and diarrhea.

Most flu symptoms gradually improve in about five days, but it's not uncommon to feel run down for a week or more. A common complication of the flu is pneumonia, particularly in the young, elderly, or people with lung or heart problems. If you notice shortness of breath, let your doctor know. Another common sign of pneumonia is a fever that comes back after having been gone for a day or two.

Just like cold viruses, flu viruses enter your body through the mucous membranes of the nose, eyes, or mouth. Every time you touch your hand to one of these areas, you could be infecting yourself with a virus and then passing it to others. It is very important to keep hands germ-free with frequent washing to prevent both flu and cold symptoms.

With both the flu and cold it's good to stay home, rest and drink lots of fluids. Some over-the-counter medication may help relieve symptoms but always check with a doctor before taking any medication or giving medication to children.

Work Sheet

Task 1: Complete the chart. List the symptoms of a cold in one column and list the symptoms of the flu in the other column. Circle or highlight any symptoms that are the same.

Answer:

COLD	FLU

Task 2: Which people may want to get the flu vaccine and why?

Answer:

Task 3: How are cold and flu viruses transmitted from person to person and how can this transmission be prevented?

Answer:

Task 4: Write a short paragraph explaining three differences between a cold and the flu.

Answer: