

COLD VS. FLU VS. CORONAVIRUS			
SYMPTOMS	COLD	FLU	CORONAVIRUS** (can range from mild to serious)
 Fever	Rare	High (100-102 F) Can last 3-4 days	Common
 Headache	Rare	Intense	Can be present
 General Aches, Pains	Slight	Usual, often severe	Can be present
 Fatigue, Weakness	Mild	Intense, Can last up to 2-3 weeks	Can be present
 Extreme Exhaustion	Never	Usual (starts early)	Can be present
 Stuffy Nose	Common	Sometimes	Has been reported
 Sneezing	Usual	Sometimes	Has been reported
 Sore Throat	Common	Common	Has been reported
 Cough	Mild to moderate	Common, Can become severe	Common
 Shortness of Breath	Rare	Rare	In more serious infections
Sources: National Institute of Allergy and Infectious Diseases. CDC. WHO.			**Information is still evolving

Cold, Flu and COVID-19: what are the different symptoms?

A cough and fever could be signs of the common cold or an indication that someone has contracted COVID-19, now ranked as a pandemic by the World Health Organization.

Based on information from the Centers for Disease Control and Prevention, a cold, the flu, allergies, and COVID-19 have similar but also distinctive symptoms.

Here's how to tell the difference:

ALLERGIES

Oak pollen is high now in Central Texas, and grass and hackberry rank in the medium range. Oak is expected to peak in early April.

Signs of an allergy include:

- runny nose
- sneezing
- red, swollen eyes
- itchy eyes and nose
- throat tickle

A fever is rare where allergies are concerned.

FLU

The flu is known by the following symptoms:

- sudden onset
- fever or chills
- cough and sore throat
- runny or congested nose
- achy body
- headache
- severe fatigue
- sometimes diarrhea

COLD

Symptoms peak within two to three days for colds, which basically follows the same season as the flu: October-May.

Symptoms are:

- sneezing
- runny or congested nose
- cough and sore throat
- post-nasal drip
- watery eyes

Cold sufferers rarely show signs of a fever.

NEW CORONAVIRUS (COVID-19)

- gradual onset, up to 14 days after exposure
- shortness of breath
- fever *above* 100 degrees
- dry cough
- sometimes headache or other aches and pains
- mild sneezing

Fatigue and diarrhea are rare symptoms of COVID-19. Some fatigue may be noted but not as severely as with the flu.

Emergency warning signs for COVID-19 are:

- difficulty breathing or shortness of breath
- persistent pain or pressure in the chest
- new confusion or inability to arouse
- bluish lips or face

March is Women's HISTORY month

Check Them Out During Women's History Month!

10 Book & Movie Suggestions

focused on strong women

5 Books

1. Wild: From Lost to Found on the Pacific Crest Trail

2. Jane Eyre

3. Little Women

4. Reading Lolita in Tehran

5. The Secret Life of Bees

5 Movies

1. Hidden Figures

2. On the Basis of Sex

3. Brave

4. Whale Rider

5. He Named Me Malala

A Timeline of Milestones in U.S. Women's History

1848 - The first women's rights convention, the Seneca Falls Convention, is held in New York, where 300 women and men sign the Declaration of Sentiments in a plea to end discrimination against women.

1848 - The Married Woman's Property Act is passed in New York, enabling married women to conduct business on their own, file lawsuits on their own behalf, collect rents and receive inheritances. The Act is used as a model for other states, all of which pass their own versions by 1900.

1860 - The Act Concerning the Rights and Liabilities of Husband and Wife is passed in New York, paving the way for other states. It acknowledges "mothers as joint guardians of their children," granting married women the same legal authority over their own sons and daughters as fathers.

1869 - Wyoming, a territory at the time, becomes the first state to grant women the right to vote in all elections.

1869 - Susan B. Anthony and Elizabeth Cady Stanton form the National Woman Suffrage Association (NWSA).

1872 - Victoria Claflin Woodhull becomes the first female U.S. presidential candidate.

1872 - Equal pay for equal work under the law is guaranteed to federal, but not private sector, employees.

1919 - The First Woman's Bank of Tennessee opens as the first bank to be directed, managed and staffed entirely by women. The bank welcomes deposits from men and women, although its shareholders are male.

1919 - Congress passes the 19th Amendment, granting women the right to vote.

1920 - The 19th Amendment is ratified by 36 states and becomes law, ensuring that the right to vote cannot be denied on the basis of sex.

1938 - The Fair Labor Standards Act establishes a federal minimum wage to eliminate pay

differences between men and women for hourly jobs.

1948 - The Women's Armed Services Integration Act allows women to serve as full, permanent members of all of the branches of the U.S. military.

1963 - The Equal Pay Act is passed, protecting all workers against discrimination in pay rates.

1974 - The Equal Credit Opportunity Act is passed, prohibiting credit discrimination on the basis of race, color, religion, national origin, sex, marital status, age or receipt of public assistance. Prior to its passage, banks required a male cosigner on credit applications from single, widowed or divorced women, regardless of income.

1974 - The Fair Housing Act is amended to prohibit housing discrimination on the basis of sex.

1978 - The Pregnancy Discrimination Act is passed, making it illegal for employers to dismiss women from their jobs for becoming pregnant.

1981 - Sandra Day O'Connor becomes the first woman appointed to serve on the U.S. Supreme Court.

1993 - The Family and Medical Leave Act becomes law.

1994 - The Gender Equity in Education Act is passed to train teachers in gender equity, promote math and science learning by girls, counsel pregnant teens and prevent sexual harassment.

1994 - The Violence Against Women Act funds services, resources and rights for rape and domestic violence victims.

2007 - Nancy Pelosi becomes the first female Speaker of the United States House of Representatives.

2016 - The Department of Defense opens all military combat positions to women for the first time.

THE BOOKMINE

702 East Main Street • (541) 942-7414

COTTAGE GROVE, OREGON

Books • Flowers • Plants • Gifts

A Tradition of Service

CITY OF COTTAGE GROVE

POLICE DEPARTMENT

400 E. Main Street

Cottage Grove, OR 97424

(541) 942-9145 • FAX (541) 942-7705

www.cgpolice.org

Doggie Doos and Don'ts

In-Home Pet Nail Trimming •

Pet Waste Removal

Pet Grooming

Dog Walking

Pet Sitting

Rachel Azzato

Owner & Founder

541-505-4298

DoggieDoosAndDonts.com

Enjoy Fine Food in a Family Atmosphere

PINOCCHIO'S PIZZA

Air Conditioned

Large Seating

Tourist Information

Fireplace

Sandwiches

Salad Bar

OPEN DAILY 11 A.M.

To Go Orders Call... 541-942-5531

At the corner of Gateway Blvd. & Main Street.

“The work of today is the history of tomorrow, and we are its makers.”
—Juliette Gordon Low Founder, Girl Scouts of America