

Public Safety Fact Sheet

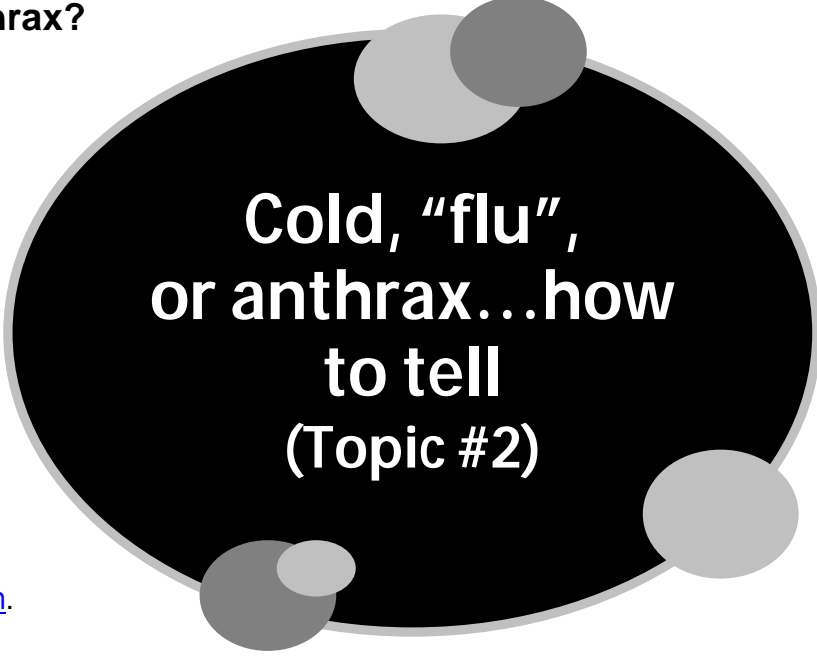
A publication of the Washington County Anti-Terrorism Advisory Committee

In response to recent world and national events, representatives from police and fire agencies, local governments, health officials and emergency managers within Washington County have increased coordination and communication. The goal of this effort, known as the Anti-Terrorism Advisory Committee (ATAC), is to help ensure an effective countywide response to a major public safety incident. Additionally, ATAC is committed to enhancing public safety by educating the community on topics of public interest and concern through an on-going series of informational fact sheets.

Is it a common cold, influenza or anthrax?

The chances of someone coming into contact with anthrax are highly unlikely. However, many people may be feeling somewhat uncertain following recent national events. Upper respiratory infections are quite prevalent during the winter months. The early symptoms of a common cold or an influenza-like illness can appear similar to inhalation anthrax. The following listing of symptoms is a comparison among the common cold, influenza "flu", and inhalation anthrax. Consult your physician for more information.

A flu shot taken in mid to late fall is the best prevention against influenza. Consult your physician for more information. For locations in Washington County where you can receive a flu shot, contact Oregon SAFENET at 1-800-723-3638 or log on to www.getaflushot.com.



**Cold, "flu",
or anthrax...how
to tell
(Topic #2)**

COMMON COLD	INFLUENZA	INHALATION ANTHRAX
LIKELY		UNLIKELY
<ul style="list-style-type: none"> • Runny nose • Sore throat • Low grade fever • Mild muscle aches • Cough • Sneezing • Clogged nasal passages • Gradual onset <p>Symptoms can last 3-7 days.</p>	<ul style="list-style-type: none"> • Possible runny nose • Sore throat • Fever up to 104° F • Severe muscle aches • Dry cough • Severe headache • Lack of energy • Sudden onset <p>The fever and body aches can last for 3-5 days, but the cough and fatigue can last for 2 or more weeks.</p>	<ul style="list-style-type: none"> • NO runny nose • NO sore throat • Fever • Muscle aches • Dry cough • Chills • Sweats • Tiredness • Chest discomfort • Vomiting <p>Symptoms progress to severe breathing problems and shock several hours to several days after initial symptoms appear.</p>

Contacts for More Information:

- Washington County Health Department (503) 846-3594 or your private health care provider
- www.ocem.org

Previous fact sheets can be found at www.ocem.org