

What you should know about cold & flu

How to prevent it

- Wash your hands
- Avoid close contact with people who are sick
- Get plenty of sleep and exercise
- Drink plenty of fluids and eat healthy foods
- Keep kitchen and bathroom countertops clean
- Don't share drinking glasses or utensils
- Get a flu shot

WASHING WORKS WHEN YOU DO IT RIGHT!

1. Wet your hands with clean, running water.
2. Add soap and create a rich lather.
3. Rub your hands together for 20 seconds.
4. Rinse your hands well under running water.
5. Dry your hands with a clean paper towel.
6. Use the paper towel to turn off the faucet.

How to diagnose it

SYMPTOM	FLU	COLD
Fever	Usual, sudden onset 100.4°F and lasts 3-4 days	Rare
Headache	Usual and can be severe	Rare
Aches and pains	Usual and can be severe	Rare
Fatigue and weakness	Usual and can last 2-3 weeks or more after acute illness	Sometimes, but mild
Debilitating fatigue	Usual, early onset can be severe	Rare
Nausea, vomiting, diarrhea, watering of the eyes	In children under the age of 5	Rare
Runny, stuffy nose	Rare	Usual
Sneezing	Rare in early stages	Usual
Sore throat	Usual	Usual
Chest discomfort	Usual and can be severe	Sometimes, but mild to moderate
Other	Respiratory failure; can worsen a current chronic condition; can be life threatening	Congestion or ear-ache



How to treat it

FLU	COLD
Drink clear fluids to prevent dehydration	Drink water or juice to loosen congestion and prevent dehydration
Gargle with saltwater to soothe a sore throat	Gargle with saltwater to soothe a sore throat
Use a damp washcloth on your forehead to relieve discomfort from fever	Use saline drops and sprays to combat stuffiness and congestion
Cover up with a warm blanket to calm chills	Eat chicken soup for an anti-inflammatory and congestion-relieving effect
Use a humidifier to make breathing easier	Use a humidifier to relieve a stuffy nose or scratchy throat

