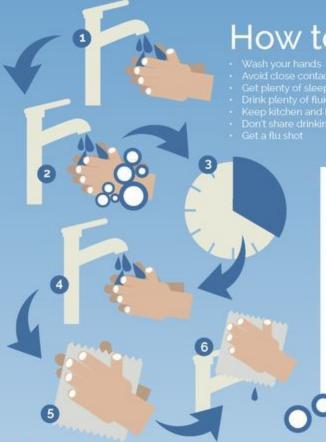
# What you should know about cold & flu



### How to prevent it

#### WASHING WORKS WHEN YOU DO IT RIGHT!

- 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 diagnos

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

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

COLD