

Avoid Cold and Flu this Season!

Most cold and flu viruses are spread by either direct contact or by air. Someone who has a cold or the flu sneezes onto their hand, and then touches something that you or your child later touch or they sneeze and you breathe the particles in. The germs can live for hours -- in some cases weeks on an object!

Symptoms	Cold	Flu
FEVER	Occasionally, usually low grade	Usual; can be high especially in young children – lasts 3-4 days
HEADACHE	Occasionally	Common
ACHES/PAINS	Mild	Common, can be severe
FATIGUE	Sometimes	Usual; can last 2-3 weeks
EXHAUSTION	Never	Usual –worse at the beginning of the illness
STUFFY NOSE	Usually	Occasionally
SNEEZING	Usually	Occasionally
SORE THROAT	Usually	Occasionally
COUGH	Mild to moderate	Common, can be severe

Your Prevention Plan:

1. Wash your hands... **OFTEN!** Use soap and warm water and get all surfaces, if soap and water aren't available then use an alcohol based hand sanitizer
2. Don't touch your face – the cold and flu germs get into your body through your nose, eyes and mouth – so keep your hands out of your mouth!
3. Drink Water – water is so important for a lot of reasons, but it cleans out your body, so help yourself flush those germs right out!
4. Exercise! When running around your body pumps more blood, helping your body clean itself better, it also warms up which is a great way to kill germs naturally
5. Sneeze into your elbow! This catches the germs and keeps your hands clean!

How to Manage a Cold

- Make you or your child comfortable, sleep if you are tired, Tylenol or Motrin for aches and pains, and get 3-4 extra glasses of water a day

How to Manage the Flu

- A prescription strength anti-viral medication, can reduce the duration and severity of the flu, but these drugs must be started within 48 hours of the onset of symptoms.
- Stay hydrated, get lots of rest, and try appropriate over-the-counter or home remedies