

# COLD & FLU 101

## WHAT YOU NEED TO KNOW



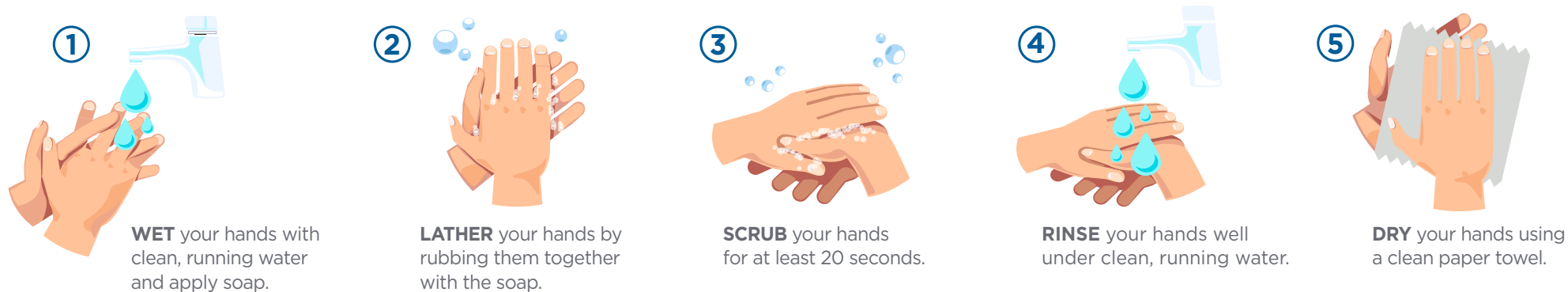
### PREVENT IT!

- **Wash your hands** with soap and water or use sanitizer.
- **Avoid close contact** with people who are sick.
- **Stay home** when you are sick.
- **Cover your mouth** and nose with a tissue if you cough or sneeze.
- **Avoid touching** your eyes, nose or mouth.
- **Clean** and disinfect frequently touched surfaces.
- Get plenty of **sleep and exercise**.
- **Manage** your stress.
- Drink **plenty of fluids**.
- Eat **nutritious foods**.
- Get a **flu shot**.

Source: <https://www.cdc.gov/flu/protect/habits/index.htm>

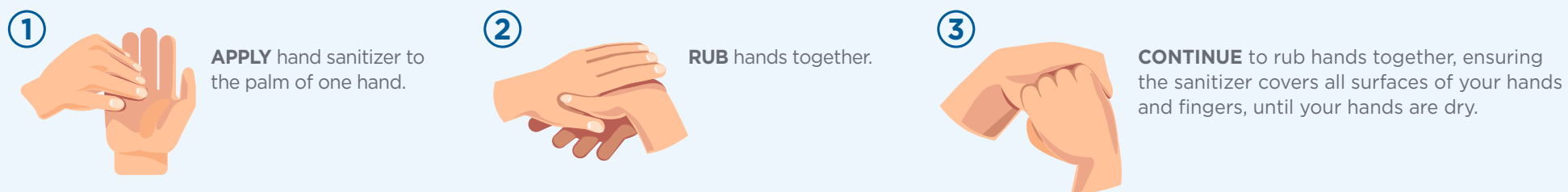
### HOW TO WASH YOUR HANDS

Source: <https://www.cdc.gov/features/handwashing/>



### HOW TO SANITIZE YOUR HANDS

Source: <https://www.cdc.gov/features/handwashing/>



### DIAGNOSE IT!

SYMPTOM	FLU	COLD
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare

Source: <https://www.cdc.gov/flu/about/qa/coldflu.htm>

### TREAT IT!

\*If your condition persists, consult your Doctor

FLU

- **Drink plenty of liquids** to prevent dehydration.
- **Rest** to help your immune system fight infection.
- **Consider over-the-counter pain relievers** (such as acetaminophen or ibuprofen) to help relieve achiness.

COLD

- **Drink plenty of liquids** to prevent dehydration. Warm fluids, such as chicken soup can be soothing and help loosen congestion.
- **Adjust temperature and humidity.** Keep your room warm, but not overheated. If air is dry, a cool-mist humidifier or vaporizer can moisten air and help ease congestion and coughing.
- **Gargle with salt water** to soothe your throat.
- **Use over-the-counter saline nasal drops** to help relieve nasal congestion.

Source: <https://www.mayoclinic.org/diseases-conditions/flu/diagnosis-treatment/drc-20351725>  
<https://www.mayoclinic.org/diseases-conditions/common-cold/diagnosis-treatment/drc-20351611>

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