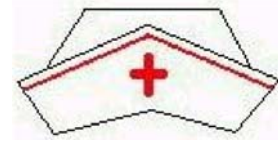




COLDS AND FLU



INFORMATION FROM YOUR NURSE HOW DO YOU TELL THE DIFFERENCE

FLU SYMPTOMS

- Sudden Onset of illness
- High Fever
- Extreme Fatigue
- Dry Cough
- Achy Head
- Achy Muscles
- Chills

COLD SYMPTOMS

- Slow Onset of Illness
- Low or No Fever
- Mild Fatigue
- Severe Cough and runny or stuffy nose
- No headache
- No Achy Muscles
- No Chills

FLU FACTS

Flu is responsible for 22 million missed school days

5 to 25 percent of Americans get the flu every year

The Flu virus can live up to 72 hours on surfaces like door knobs or desks Adults can spread the virus up to a day before developing symptoms and 3 to 7 days after symptoms start. Kids can pass the virus even longer. Antibiotics can't cure the flu virus so the best medicine is plenty of rest and lots of liquids.

A child sick with the flu can contaminate 60% of common household items.

HOW TO PREVENT THE FLU OR COLDS

1. Get vaccinated, even children should get the flu shot. Talk to your doctor.
2. Wash your hands. Colds and virus can be spread by indirect contact, someone sneezes on their hands and then touches a doorknob the next person to touch the doorknob picks up the virus. Wash your hands with plenty of soap and water for at least 20 seconds (the time it takes to sing the ABC song)
3. Teach children to cough or sneeze into their elbow
4. Disinfect common surfaces like counter tops, desks, phone receivers, light switches, remote controls.
5. Drink plenty of water. An adult should drink eight 8-oz. glasses a day.
6. Stay home if you're sick

Contact your doctor if your symptoms get worse.