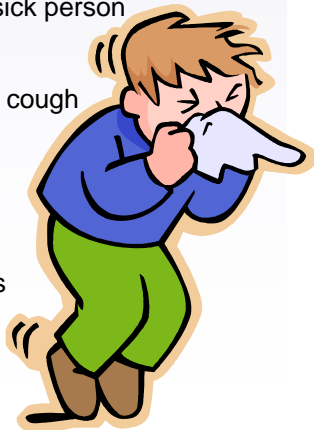


Tips for preventing Colds & Flu

- Get a flu shot each year to prevent the flu.
- Wash your hands often with soap and warm water, or use an alcohol-based hand sanitizer.
- Cover your nose and mouth with a tissue when you sneeze, cough, or blow your nose. Quickly throw away used tissues, then wash your hands.
- If you don't have a tissue, cough or sneeze into your sleeve/elbow - not into your hands.
- Regularly clean surfaces in your home that are touched often, like light switches, doorknobs, faucets, and appliance handles.
- Don't share food, utensils, beverages, towels, lipstick, toys, cigarettes, or anything else that might become contaminated with germs.
- Avoid touching your eyes, nose, or mouth. Germs can spread by touching them.
- Avoid close contact with sick people. Most germs are spread when a sick person coughs, sneezes, or talks.
- Stay at home if you have a cough or fever.
- Wear a mask in a medical office if asked.
- Always follow your doctor's instructions and take your medicine as prescribed.



UP-TO-DATE INFORMATION:

More information is on our website.
Visit us at: www.cdhd.wa.gov

Additional Resources

For Flu and other local information call 211

Washington State Department of Health:
www.doh.wa.gov

CDC Seasonal Flu Information:
www.cdc.gov/flu/

CDC H1N1 (swine) Flu Information:
www.cdc.gov/H1N1

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PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER COMMUNITY



A GUIDE FOR THE COLD & FLU SEASON

Tips & facts for staying
healthy



August 2009

COLD

The common cold is an upper respiratory infection and can be caused by many different types of viruses. The common cold is contagious and lasts 7-14 days.

Fever	Rare in adults and older children, but can be as high as 102° F in infants and small children.
Cough	Mild, hacking cough
Headache	Rare
Muscle aches	Mild
Tiredness/weakness	Mild
Extreme exhaustion	Never
Runny nose	Often
Sneezing	Often
Sore throat	Often

- The best treatment for a cold is to rest and drink plenty of fluids, especially water.
- Talk to your doctor about over-the-counter medications which can help you feel better.

Never give aspirin to children or teenagers without first talking to your healthcare provider.

If you get the flu:

- Get plenty of rest, drink lots of fluids, and avoid using alcohol and tobacco.
- Talk to your doctor about antiviral prescriptions to treat the flu; they should be started in the first 2 days of illness. Antibiotics don't work on viral infections or colds.
- Be aware of your flu symptoms. Flu can lead to bronchitis and pneumonia, and can be life threatening.
- Follow the 'Tips for Preventing Colds & Flu' to help prevent further spreading the flu.

FLU

Influenza (the flu) is a highly contagious viral infection. The flu affects the lungs and sinuses. A person with influenza can be contagious for about 1 week after symptoms appear.

Fever	Usually 102°F, but can rise to 104°F and usually lasts 3 to 4 days.
Cough	Often, can become severe
Headache	Sudden onset, can be severe
Muscle aches	Usual, often severe
Tiredness/weakness	Can last 2 or more weeks
Extreme exhaustion	Sudden onset, can be severe
Runny nose	Sometimes
Sneezing	Sometimes
Sore throat	Sometimes

What is Pandemic H1N1 (swine) flu?

H1N1 is a new flu virus that has the same symptoms and treatment as seasonal flu, and causes the most severe health problems for pregnant women and people who have conditions like asthma, chronic pulmonary disease, heart dis-

When to stay home

Stay home from work or keep kids home from school or childcare if you or they have:

- A fever of 100°F or more
- A severe cough with fever
- A sore throat with fever, or difficulty swallowing
- Diarrhea or vomiting

How long to stay home

Stay home until symptoms are gone and until you or your kids have been free of fever (less than 100°F, without the use of a fever-reducing medicine) for at least 24 hours.

Who needs a flu shot?

Everyone **6 months and older** should receive a yearly seasonal flu shot.

Will the seasonal flu shot protect me from the Pandemic H1N1 (swine) flu?

No. This year's seasonal flu shot will not protect against the Pandemic H1N1 (swine) flu. For information on the H1N1 flu vaccine visit:
www.cdhd.wa.gov or
www.cdc.gov/H1N1



Do all kids need a seasonal flu shot?

Yes! Each year in the U.S. more than 20,000 children under the age 5 are hospitalized due to flu. And sadly, this past flu season, 83 children died from flu-related causes.

When should you get your flu shot?

As soon as they are available. Call your healthcare provider or the Chelan-Douglas Health District to find out when vaccine will be available 886-6400.

When to seek medical care

Seek medical care right away if the sick person:

- has difficulty breathing or chest pain
- has purple or blue colored skin or lips
- is vomiting and unable to keep liquids down
- has signs of dehydration such as dizziness when standing, not urinating, or in infants, a lack of tears when they cry
- has seizures (uncontrolled convulsions)
- is less responsive than normal or becomes confused

