

## Don't Spread Sickness!

### 1. Wash your hands

Wash regularly with soap for at least 10 to 20 seconds. Do it after you sneeze or cough, after you use the bathroom, before you eat, and before you touch your eyes, nose or mouth.



### 2. Cover your Cough



When you cough or sneeze cover your mouth with a tissue, or with the back of your hand and wash immediately. You can also cover your mouth with the back of your sleeve if needed. In some

cases you may need to wear a mask to protect others. Always be considerate and dispose of used tissues appropriately.

### 3. Stay at home if you have a fever

Seek medical advice if you have the symptoms listed in this literature for a cold or flu. Avoid contact with other people when you're sick.

## Is it a Cold or Influenza?



People often mistakenly say they have the flu when they actually have a common cold. Influenza (the flu) is more serious than the common cold. Cold symptoms come on more gradually than influenza, and they do not usually include fever, headache, extreme exhaustion or severe muscle aches. Colds are typified by sneezing, stuffy nose, and sore

The following table shows some of the differences between the two.

Symptoms	Cold	Flu
<b>Fever</b>	Sometimes, usually mild	Usual; higher (100-102 F; occasionally higher, especially in young children); lasts 3 to 4 days
<b>Headache</b>	Occasionally	Common
<b>General Aches, Pains</b>	Slight	Usual; often severe
<b>Fatigue, Weakness</b>	Sometimes	Usual; can last 2 to 3 weeks
<b>Extreme Exhaustion</b>	Never	Usual; at the beginning of the illness
<b>Stuffy Nose</b>	Common	Sometimes
<b>Sneezing</b>	Usual	Sometimes
<b>Sore Throat</b>	Common	Sometimes
<b>Chest Discomfort, Cough</b>	Mild to moderate; hacking cough	Common; can become severe

## IS IT A COLD OR THE FLU?

### Influenza Infections

#### What is the influenza?

Influenza symptoms begin suddenly are more severe than those of the common cold or upper respiratory infection. Although influenza infections differ, most cause the following symptoms:

- Fever for 4 to 5 days. (100.4°F or higher)
- Chills, rigors
- Tiredness or extreme exhaustion.
- Headache or muscle ache.
- Decreased appetite.
- Dry cough.
- Runny nose
- Sore throat.
- Mild nausea, vomiting, diarrhea (gastrointestinal symptoms more common in children)

Complications of influenza include pneumonia, dehydration, and sometimes death. They can also aggravate underlying medical conditions such as asthma or diabetes. If you have some of the above symptoms and not others, you may have a cold.

#### When am I contagious?

Generally, people with seasonal influenza are contagious one day before they show symptoms and for about 7 days after they start to feel sick. Patients typically suffer influenza symptoms for 5 to 10 days.

#### Can't my doctor give me antibiotics?

Antibiotics are not effective against viruses, and thus will not help you recover from influenza since it is caused by a virus. Only antiviral drugs can help you recover more quickly, and these must be taken within 2 days of developing symptoms. To be effective. Antiviral may reduce the length of your illness by one or two days and may make you less contagious. Antiviral must be used as directed by a doctor.



## **Cough Etiquette**

### **How does influenza spread?**

Influenza is mainly passed from person to person through droplet transmission. This occurs when a sick person coughs or sneezes contaminated droplets into the air, and a healthy person either inhales them or gets them on their hands and then later transfers them to their mouth, nose or eyes.

Everyone should practice good respiratory hygiene even if they do not appear sick, since people can pass on influenza before they even show symptoms.

### **How can I help prevent germs from spreading?**

- Use a tissue to cover the nose and mouth when coughing or sneezing. If a tissue is not available, it is preferable to cover the nose and mouth with the upper sleeve. If you use your hands, you can easily pass on an infection by touching shared objects( doorknobs, microwaves, etc.).
- Dispose of used tissues in the nearest waste receptacle.
- Wash your hands after covering a cough or sneeze.
- In common areas, try to sit at least one yard (3 feet) away from coughing individuals.
- If you are sick, and must be in public, advise people not to get too close to you.
- Avoid close contact with others ( hugging, kissing) and do not share eating utensils.
- Frequently disinfect shared household objects like faucets and doorknobs.
- Do not shake hands.

## **Hand Washing**

### **Why is hand washing important?**

Hand washing is a vital way to keep healthy people from contracting influenza. It cannot be over emphasized; it is absolutely essential that people wash their hands correctly, and wash them often.

### **What is the correct method to wash hands?**

- Remove all jewelry from the hands.
- First wet hands under running water.
- Apply soap to wet hands. If using bar soap, allow it to drain between uses. It is preferable to use liquid soap or small bars of soap that are changed frequently.
- Rub all surfaces of the hands vigorously for about 20 seconds.
- Rinse the hand under running water.
- Dry with a clean cloth, disposable paper towel, or hot air dryer.
- Avoid splashing.
- User paper towel to turn off the tap, this prevents your hands from becoming re-contaminated.
- If running water is not available, hands that are not visibly soiled can be cleaned with a hand sanitizer. Follow the manufacturer's recommendations. If hands are visibly soiled, the visible dirt must be removed first with soap and water.

### **When should I wash my hands?**

- Before, during and after food preparation.
- Prior to eating.
- After using the toilet.
- After touching animals or animal waste.
- After touching the nose or mouth.
- After changing diapers.
- Whenever hands are dirty.

## **Seasonal Influenza Vaccination**

The best way to avoid seasonal influenza is to have an annual vaccination. Maintain optimal health, and practice good personal hygiene.

### **Why are annual influenza vaccinations important?**

Influenza can be a serious disease, especially when complications such as pneumonia occur. Vaccination is the primary way to prevent influenza and related conditions in people over 6 months old.

### **What is the influenza vaccination?**

#### **Must I have one each year?**

A new influenza vaccine is developed each year to protect people against the virus that seems most likely to circulate in their hemisphere during influenza season. Since the formula changes each year, you must be vaccinated annually.

There are two types of influenza vaccines. Inactivated vaccine contains killed virus and is given as an injection. Live attenuated vaccine contains weakened, living influenza virus and is given as a nasal spray. Only healthy people between the ages of 5 and 49 years old should have a live attenuated vaccine.

### **What are the possible side effects?**

The most common side effect of the injectable vaccine is soreness and redness at the injection site. Less commonly, patients may develop a low-grade fever or muscle aches after vaccination. Serious side effects, like allergic reactions, are rare. People who receive the nasal spray vaccine may suffer mild influenza-like symptoms such as runny nose, headache, sore throat and cough after vaccination. Children may also experience muscle aches, fever and vomiting.