

Flu is most often spread through the air and usually presents fever, headache, chest discomfort and unusual fatigue.



take care

The age-old advice to **drink plenty of fluids** still holds. But avoid alcoholic and caffeinated beverages, which contribute to dehydration.

For sore throat, **gargle** with warm salt water or drink warm lemon water with honey.

To **relieve** congestion, hold your face over a steaming cup of herbal tea or bouillon or take a warm shower.

Nonprescription drugs may help. Consider a nasal decongestant or saline nasal drop for stuffy nose ... expectorant to loosen a cough ... analgesic (pain reliever) for aches and fever. A **prescription** antiviral meds can lessen flu severity, but it has to be taken within 48 hours of getting sick.

act fast with your doctor if you suspect the flu

cold or flu

Determining whether you have a cold, the flu or some other illness is important for knowing how to treat your symptoms.

	Cold	Flu
Typical symptoms	Stuffy nose, sore throat, sneezing	Fatigue, fever, sore throat, headache, body aches, sneezing, and coughing
Symptom severity	Mild	Intense
Related problems	Can lead to secondary infections such as sinusitis	Can lead to serious problems such as pneumonia and hospitalization
Duration	2-14 days, usually 1 week	Up to 2-3 weeks, with unusual fatigue

Watch for Whooping Cough

Pertussis, or whooping cough, starts off with coldlike symptoms followed by a phase of intense coughing that can last up to 10 weeks.

What to do: Adults and teens should consider getting the pertussis booster, especially if they come in contact with young children and especially infants.

Parents: Vaccinate your child. Seek treatment promptly if you contract pertussis. Get immediate medical attention if your child is sick and showing signs of having difficulty breathing and/or has blue lips or nails.

This brochure is intended to support goals for healthful living. It is not to be used as a substitute for medical advice or professional care. Before making significant changes in diet or exercise, consult your health care provider.



From Personal Best®

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stop germs

be well



Viruses are most often spread by hand-to-hand contact and by touching contaminated objects or by droplets in the air via coughs or sneezes.

What You Can Do Right Now

Wash your hands. Soap and warm water are best. Wash long enough to sing the “Happy Birthday” song twice. Alcohol-based hand rubs can reduce germs too.

Don't touch your face. You catch viruses when you touch your eyes, nose or mouth with your hands.

Avoid close contact with sick people and anything they touch, such as keyboards, doorknobs, utensils, food, drinks, toys, towels or telephones.

Sanitize kitchens, bathrooms, countertops and any shared objects, especially when someone is sick.

stay up to date on your vaccinations

flu fighters

1. VACCINATION. Everyone 6 months of age and older should get the vaccination (shot or nasal spray, depending on age and health). While people with egg allergies have long been cautioned about the vaccine, guidelines have changed. However, if you are sick with pneumonia or high fever, you should not have the vaccine. Your doctor or health care provider can help decide what's best for you.

My Vaccinations

Date

My Vaccinations	Date

2. PREVENTION. As you go about your daily activities, raise your awareness and take precautions against germs on objects and spreading through coughs and sneezes. Cover your own coughs and sneezes and stay home if you are sick.

3. ANTIVIRALS. These prescription drugs can be helpful if taken within the first 48 hours of symptoms.



also guard against

PERTUSSIS. Pertussis, or whooping cough, may seem like an illness from days gone by, but reported cases have been on the rise. It's a highly contagious bacterial infection spread by the coughs and sneezes of infected people.

Pertussis can cause sleepless nights and lost time at school or work. Sometimes it can be serious for adults. Many younger adults have been immunized against pertussis, but the vaccine's effectiveness isn't lifelong and boosters are needed.

For infants and children, pertussis is much more serious and can cause shortness of breath, pneumonia, seizures and even death.

Early symptoms of a runny nose, sneezing and low-grade fever are replaced by coughing fits that can leave a child gasping for air. Immediate medical attention is needed.

Many children contract the whooping cough when someone in their household is sick with it.

Though vaccines (DtaP shots) are designed to protect young children, some are too young to have been fully immunized.

Hot Germ Season Ahead

When temperatures cool, the germ season heats up. If you need a flu shot, fall is the best time to get one. Look for a flu prevention clinic near you, and stay well.

:: go to flu.gov for a full guide

:: find a flu clinic near you