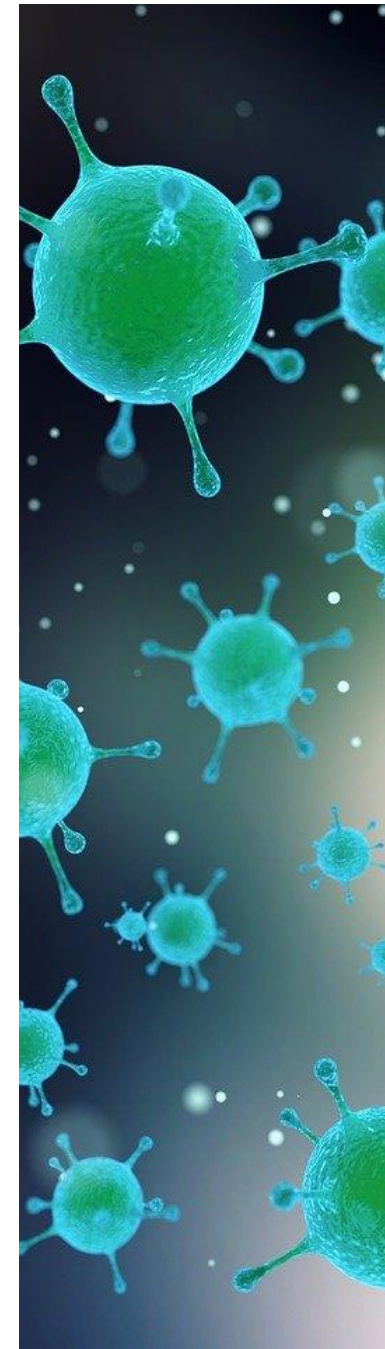


Cold and Flu Time

What are germs?

- Germs make people sick
- You can't see germs
 - They're in the air
 - They're on the things you touch
- You can catch a cold or flu from germs



How do germs give you a cold or the flu?

- Germs get into the air when a sick person breathes out
- Germs get on the things that a sick person touches
- You can breathe in germs
- You can touch things that have germs and then touch your mouth, nose, or eyes
- **Soon you might have a cold or the flu too**



Getting a cold

- You can get a cold any time
- People get more colds:
 - In the fall and winter
 - When they stay inside a lot
 - When they are worried or tired
- Colds can last 2-4 weeks



What does a cold feel like?

You may have a cold if you...

- Are sneezing or coughing
- Have a scratchy or sore throat
- Have a runny or stuffy nose
- Have watery eyes
- Feel tired



Getting the flu

- Many people get the flu each year
 - There are new flu shots every year
- The flu may seem like a cold
 - But the flu is much worse!
- You will start to feel really sick within 3-6 hours



What does the flu feel like?

You may have the flu if you...

- Have a fever
- Feel sore and aches all over
- Feel very tired
- Have a headache
- Are coughing
- Feel really cold



The flu is different from a cold

- If you have the flu, you may **not**:
 - Sneeze
 - Have a stuffy nose
 - Have a sore throat
- It may be hard to tell whether it's a cold, the flu, or allergies



How can you get better if you have a cold or the flu?

- Get lots of rest
- Stay home if you have a fever
- Drink a lot of water, clear soup, hot tea, and juice
- Eat healthy foods
- Don't drink alcohol
- Don't smoke and stay away from people who smoke
- Take a hot shower to help clear your nose

Call your doctor if:

- You have a high fever (over 101)
- You have a bad headache
- You have bad aches and pains in your body
- You have trouble breathing
- You breathe faster than usual
- You cough, but nothing comes up
- You are sick to your stomach, vomit, or have diarrhea



There are ways to prevent a cold or flu:

Prevention means you can keep from getting sick

- Get a flu shot (ask your doctor about it)
- **Wash your hands with soap (for at least 20 seconds):**
 - Before eating
 - After using the bathroom
 - If you've been near a sick person
 - If you cough or sneeze
- Get lots of rest
- Eat healthy foods
- Cover your nose and mouth when you cough or sneeze



What if you are around someone with a cold or flu?

- Ask them to cover their faces if they need to cough or sneeze
- Wash your hands a lot
- If someone is sick, do not share their:
 - Towels
 - Food
 - Knives, forks, or spoons
 - Drinking glasses, cups, bowls or plates
- Try to stay away from sick people and encourage them to stay home and rest

More about colds and flu

- Centers for Disease Control and Prevention
 - https://www.cdc.gov/flu/symptoms/coldflu.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fflu%2Fabout%2Fqa%2Fcoldflu.htm
- American Academy of Family Physicians
 - <https://familydoctor.org/condition/colds-and-the-flu/>