KINGS COUNTY

Got Flu?

REMEMBER

COVER your nose/mouth
TOSS your tissue
WASH your hands

Share joy not germs

It's happened before…one person brings a "cold" home and before you know it, everyone in the house has it too! Well it does not have to be that way. Here are some tips to keep your family healthy this year.

Is it a cold or the flu?

COMMON SYMPTOMS	COLD	FLU
Fatigue	No	Yes
Fever	No	100-104°
Muscle ache	No	Yes
Joint pain	No	Yes
Loss of appetite	No	Yes
Headache	No	Yes
Cough	Yes	Yes
Stuffy nose	Yes	No
Diarrhea/Vomiting	No	No

Don't give germs a place to live. Wash your hands often!

PREVENTION:

1. Wash your hands often with soap and water. Keep a bottle of alcohol based gel or liquid in your purse or pocket for times when a sink is not available.
2. Consider your face a NO TOUCH zone. Cold and flu viruses are often passed on from person to person by hand contact. When you touch your nose and mouth, the virus can then enter into your body.
3. Get plenty of rest. The holidays are full of busy days. When your body is not well rested, it is not as able to fight infection
4. Eat healthy. We tend to eat more snack foods instead of well-balanced meals during the holidays. Your body needs a well balanced diet to effectively fight infection.

CONTROL AT HOME

1. Wash hands often, especially after coughing/sneezing.
2. Clean household surfaces frequently. Don't forget bathroom fixtures, doorknobs, kitchen appliance handles, telephones, etc. Keep a can of disinfectant spray out as a reminder.
3. As often as the weather allows, open your windows for a short time several times a day to let fresh air into the house.
4. Place a bag or trash can in a convenient place for disposal of used tissues.
5. Avoid contact with people who can easily become ill for 3-5 days after symptoms start. Children may pass the virus for 7 days.

When to see the Doctor

Doctor offices and hospitals become very busy during the winter months. You should always call your physician for advice first. While antibiotics will not work for colds or the flu, there is medication that can help decrease flu symptoms if taken within the first 48 hours. If you do not have a physician, you should go to a community clinic or walk-in clinic. It is very important

That the Emergency Rooms are not used for patients with cold and flu symptoms. While the person may feel bad, it is not considered an emergency. Emergency Rooms need to be kept open for true emergency cases. The doctors and nurses need to be available to treat your friends and relatives when emergency care is needed such as for car accidents, heart attacks, strokes, etc.