



Is It A Cold Or The Flu?

Symptoms	Cold	Flu
Fever	Rare	Usual, high (100-102°)
Headache	Rare	Common
Aches and pains	Slight	Usual, often severe
Feeling weak/tired	Sometimes	Usual, may last 2-3 weeks
Extreme tiredness	Never	Usual, at the start of the illness
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild-moderate, hacking	Common, can be severe

TIPS TO KEEP YOU HEALTHY DURING THE FLU SEASON

WASH YOUR HANDS!! Wash your hands often and if no sink is available, at least rub your hands together very hard for a minute or so! You should be washing your hands for as long as it takes to sing HAPPY BIRTHDAY . . . twice!

DON'T COVER SNEEZES AND COUGHS WITH YOUR HANDS! If you don't have a tissue, turn your head away from people near you and cough/sneeze into your sleeve.

DON'T TOUCH YOUR FACE! Cold and flu viruses enter your body through the eyes, nose and mouth.

DRINK PLENTY OF FLUIDS! Water flushes your system, washing out the poisons as it rehydrates you. You can tell if you're getting enough water if your urine is close to clear.

DO AEROBIC EXERCISE REGULARLY! Aerobic exercise helps increase the body's natural virus-killing cells.

PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL

