

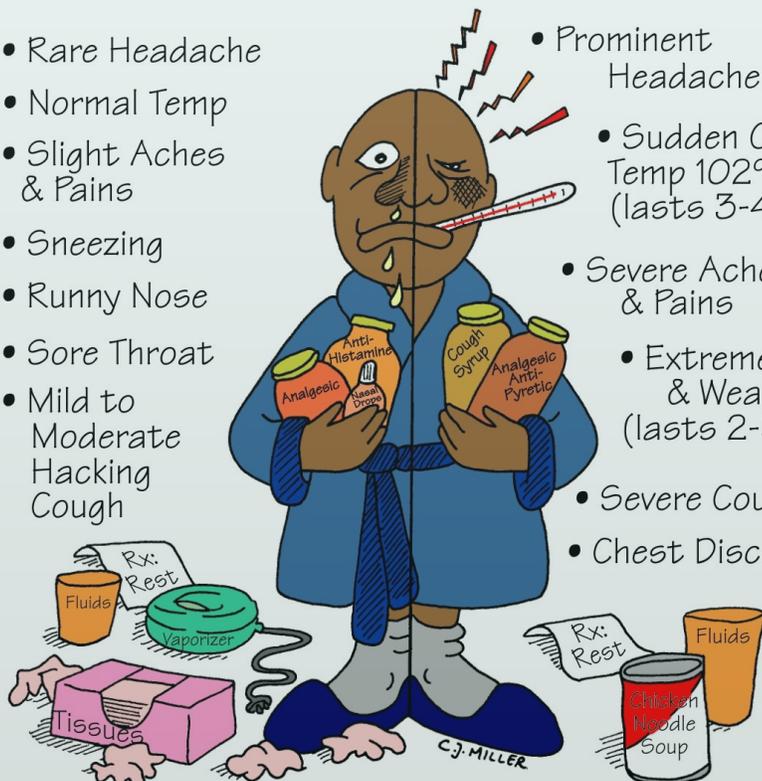
FEELING COLD OR FLU SYMPTOMS?

Cold

- Rare Headache
- Normal Temp
- Slight Aches & Pains
- Sneezing
- Runny Nose
- Sore Throat
- Mild to Moderate Hacking Cough

Flu

- Prominent Headache
- Sudden Onset of Temp 102° - 104° (lasts 3-4 days)
- Severe Aches & Pains
- Extreme Fatigue & Weakness (lasts 2-3 weeks)
- Severe Cough
- Chest Discomfort



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Please Call Health Services If:

- Fever Over 102
- Skin Rash
- Shaking Chills
- Vomiting Lasts >8 Hrs, Or Does Not Improve Over 24 Hrs.
- Ear Ache
- Uncontrollable Cough
- Thick Green/Grey Snot
- Delirium

phone 860-685-2470

With a Good Match,
The Flu Shot is
70-90%
Effective.

Love,
WesWell & PHAs

Prevention and Care... Are In Your Hands

1. Wash

- Wet, Soap, Scrub, Rinse, Dry
- Tip: Use a Paper Towel to Turn Off the Water and Open the Door
- Use Hand Sanitizer if You Cannot Get to a Sink

2. Cover Up

- Your Coughs and Sneezes (with a tissue or arm crook)
- By Wearing Layers

3. Avoid

- Touching Your Eyes, Nose, Mouth
- Contagious People
- Sugar
- Alcohol
- Caffeine

4. Remedy

- Throat Lozenges
- Tylenol or Advil for Aches 4-6 hrs.
- Oral Decongestants (Sudafed)
- Plenty of Rest
- Extra Fluids
- Soup Broth or Tea