



COVER MOUTH AND NOSE



CLEAN HANDS

Cover Coughs and Sneezes. Clean Hands.

Be a germ stopper at school – and home. Cover your mouth and nose when you cough or sneeze. Use a tissue and throw it away.

Clean your hands alot

- After you sneeze or cough
- After using the bathroom
- Before you eat
- Before you touch your eyes, mouth or nose

Washing hands with soap and water is best. Wash long enough to sing the “Happy Birthday” song twice. Or, use gels or wipes with alcohol in them. The alcohol kills germs!

Stop germs. And stop colds and flu.



Is it a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Rare	Characteristic, high (102 - 104 F) lasts 3 - 4 days
Headache	Rare	Prominent
General aches, pains	Slight	Usual, often severe
Fatigue, weakness	Mild	Can last 2 - 3 weeks
Extreme exhaustion	Almost never	Early and prominent
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, Cough	mild to moderate; hacking cough	Common; can become severe

Complications	Cold	Flu
	Sinus congestion or earache	Bronchitis, pneumonia; can be life threatening

Treatment	Cold	Flu
	Only temporary relief of symptoms	See your doctor

Prevention measures are important. Viruses can live on surfaces more than 30 minutes. Here are few prevention measures to reduce transmission.

- Stay home if you are sick.
- Wash your hands after touching anyone who is sneezing, coughing, blowing their nose, or has a runny nose and before eating or touching your eyes, nose, or mouth.
- Don't share food, utensils, beverages, cigarettes, towels, lipstick, toys, or other personal items.
- Wash dishes in hot soapy water or in the dishwasher. Use a household disinfectant or soap and water to clean doorknobs, toilet handles, countertops, and toys.