

What can I do to take care of myself?

- ☺ Get EXTRA rest.
- ☺ For aches, take whatever your doctor or pharmacist recommends.
- ☺ For cough & mucus: run a humidifier.
- ☺ Drink 8-12 glasses (8ozs) of fluids daily: Avoid caffeine. Water and juice are best.



Your doctor or pharmacist may be able to recommend an over the counter medication to relieve all of these symptoms.

Public Health... Everyday, Everywhere, Everyone



Cold or "The Flu"?

Flu vaccine available in the Fall, beginning in October. For more information or to schedule an appointment, call:

303-232-6301

OR

Flu Hotline

303-239-7161



Jefferson County Public Health

Arvada Lakewood Edgewater

(303) 232-6301
Fax: (303) 239-7088
www.jeffco.us/health

Jan 2011



Jefferson County Public Health
303-232-6301
www.jeffco.us/health

Public Health... Everyday, Everywhere, Everyone

What Is It?



Flu is an airborne **virus** spread from one person to another by coughing or sneezing



PREVENTION

- 👍 Wash hands often with soap.
- 👍 Avoid touching your face.
- 👍 Cover your mouth when you cough.
- 👍 Get enough rest.
- 👍 Reduce stress.
- 👍 Get flu vaccine if you have chronic illness, diabetes, lung or kidney disease.
- 👍 Avoid smoking and exposure to tobacco smoke to help prevent respiratory illness.

Cold or Flu Symptoms

	Flu	Cold
Fever 100°-104°F	YES	NO
Cough	YES	MAYBE
Body Aches	YES	NO
Sore Throat	NO	MAYBE
Headache	YES	NO
Stuffy Nose	NO	YES
Fatigue	YES	MAYBE
Diarrhea/Vomiting	NO	NO



FYI...

Flu shots are for Respiratory Flu viruses, and do not prevent the common cold or vomiting and diarrhea.

Call your Health Care Provider if:

- ◆ You have a fever 101°F or higher with a cough that starts suddenly, without having a cold.
- ◆ You have a rash all over your body.
- ◆ You have persistent ear pain.
- ◆ You have difficulty swallowing.
- ◆ You are feeling short of breath.
- ◆ You have chest pain, tightness or wheezing.
- ◆ You have a cough that is producing blood.
- ◆ You have a cough for 3 weeks or longer.
- ◆ If your child is under 1 yr. old and has a fever of 100°F or higher.

Medications are available to help decrease symptoms if you call your doctor when cough or fever begins.