

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 primary care physician may be able to recommend an over the counter medication to relieve all of these symptoms.

Public Health... Every day, Everywhere, Everyone

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

Lakewood Clinic:

645 Parfet Street, Lakewood, CO 80215

Jefferson County Public Health

Lakewood Edgewater

(303) 232-6301

Fax: (303) 239-7088

jeffco.us/public-health

May 2014



Cold or "The Flu"?



Jefferson County Public Health
303-232-6301

jeffco.us/public-health

Public Health... Every day, 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 |
| Sneezing | MAYBE | YES |



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.