



Tips for Preventing Colds & Flu

- ♦ **Get a flu shot** each year to prevent the flu.
- ♦ **Wash your hands often** with soap and warm water, or use an alcohol-based hand sanitizer.
- ♦ **Cover your nose and mouth** with a tissue when you sneeze, cough, or blow your nose. Quickly throw away used tissues, then wash your hands.
- ♦ If you don't have a tissue, **cough or sneeze into your sleeve/elbow** – not into your hands.
- ♦ **Regularly clean** surfaces in your home that are touched often, such as light switches, doorknobs, faucets, and appliance handles.
- ♦ **Don't share** food, utensils, beverages, towels, lipstick, toys, cigarettes, or anything else that might become contaminated with germs.
- ♦ **Avoid touching your eyes, nose, or mouth.** Germs can spread by touching them.
- ♦ **Avoid close contact with sick people.** Most germs are spread when a sick person coughs, sneezes, or talks.
- ♦ **Stay at home** if you have a cough or fever.
- ♦ **Wear a mask** in a medical office if asked.
- ♦ **Always follow your doctor's instructions** and take your medicine as prescribed.



UP-TO-DATE INFORMATION:

More information is on our website:

www.klickitatcounty.org/health

Klickitat County Health District

Goldendale 509.773.4565

White Salmon 509.493.1558

Call for an appointment:

Flu shots

Immunizations for all ages

..... and more!

Additional Resources

CDC Seasonal Flu Information:

www.cdc.gov/flu/

CDC H1N1 (swine) Flu Information:

www.cdc.gov/H1N1

Adapted from Spokane Regional Health District

A GUIDE FOR THE COLD & FLU SEASON

Tips and facts for staying healthy



www.klickitatcounty.org/health

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Cold

The common cold is an upper respiratory infection and can be caused by many different types of viruses. The common cold is contagious and lasts 7 to 14 days.

Fever	Rare in adults and older children, but can be as high as 102°F in infants and small children.
Cough	Mild, hacking cough
Headache	Rare
Muscle aches	Mild
Tiredness/weakness	Mild
Extreme exhaustion	Never
Runny nose	Often
Sneezing	Often
Sore throat	Often

- ♦ The best treatment for a cold is to rest and drink plenty of fluids, especially water.
- ♦ Talk to your doctor about over-the-counter medications which can help you feel better.

Never give aspirin to children or teenagers without first talking to your healthcare provider.

Flu

Influenza (the flu) is a highly contagious viral infection. The flu affects the lungs and sinuses. A person with influenza can be contagious for about 1 week after symptoms appear.

Fever	Usually 102°F, but can rise to 104°F and usually lasts 3 to 4 days.
Cough	Often, can become severe
Headache	Sudden onset, can be severe
Muscle aches	Usual, often severe
Tiredness/weakness	Can last 2 or more weeks
Extreme exhaustion	Sudden onset, can be severe
Runny nose	Sometimes
Sneezing	Sometimes
Sore throat	Sometimes

What is Pandemic H1N1 (swine) flu?

H1N1 is a new flu virus that has the same symptoms and treatment as seasonal flu, and causes the most severe health problems for pregnant women and people who have conditions like asthma, chronic pulmonary disease, heart disease.

Who needs a flu shot?

Everyone **6 months and older** should receive a yearly seasonal flu shot.

Will the seasonal flu shot protect me from the Pandemic H1N1 (swine) flu?

No. This year's seasonal flu shot will not protect against the Pandemic H1N1 (swine) flu. For information on the H1N1 flu vaccine visit: www.klickitatcounty.org/health.

Do all kids need a seasonal flu shot?

Yes! Each year in the U.S. more than 20,000 children under age 5 are hospitalized due to flu. And sadly, this past flu season, some children died from flu-related causes.



When should you get your flu shot?

As soon as they are available. Call your healthcare provider or the Klickitat County Health Department to find out when vaccine will be available or for an appointment: Goldendale 773.4565, White Salmon 493.1558.

If you get the flu:

- ♦ Get plenty of rest, drink a lot of liquids, and avoid using alcohol and tobacco.
- ♦ Most people **will not** need medical care.
- ♦ Be aware of your flu symptoms. Flu can lead to bronchitis and pneumonia, and can be life-threatening. Call or visit your healthcare provider if your illness is severe, or gets worse.
- ♦ Follow the 'Tips for Preventing Colds & Flu' to help prevent further spreading the flu.

When to stay home

Stay home from work or keep kids home from school or childcare if you or they have:

- ♦ A fever of 100°F or more
- ♦ A severe cough with fever
- ♦ A sore throat with fever, or difficulty swallowing
- ♦ Diarrhea or vomiting

How long to stay home

Stay home until symptoms are gone and until you or your kids have been free of fever (less than 100°F, without the use of a fever-reducing medicine) for at least 24 hours.

+ When to seek medical care +

Seek medical care right away if the sick person:

- ✍ has difficulty breathing or chest pain
- ✍ has purple or blue colored skin or lips
- ✍ is vomiting and unable to keep liquids down
- ✍ has signs of dehydration such as dizziness when standing, not urinating, or in infants, a lack of tears when they cry
- ✍ has seizures (uncontrolled convulsions)
- ✍ is less responsive than normal or becomes confused