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# Total Wellness® BECOMING A TOTAL PERSON®

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## Know the Signs of a Cold and the Flu

Recognizing the difference between a cold and the flu is the first step in treating your illness. **Here are the common symptoms of a cold and the flu:**

### Cold:

- ◆ Runny nose
- ◆ Congestion
- ◆ Sneezing
- ◆ Feeling tired
- ◆ Muscle aches
- ◆ Weakened sense of taste and smell
- ◆ Scratchy throat
- ◆ Cough

### Flu:

- ◆ Fever (usually high)
- ◆ Headache
- ◆ Extreme tiredness
- ◆ Cough
- ◆ Chills
- ◆ Sore throat
- ◆ Runny or stuffy nose
- ◆ Muscle aches
- ◆ Nausea, vomiting, or diarrhea

**Here are basic ways to relieve cold and flu symptoms:**

- Rest.
- Stop smoking and avoid secondhand smoke.
- Drink plenty of fluids.
- Avoid alcohol.
- Gargle with warm salt water or use throat sprays or lozenges to relieve throat pain.
- Use saline nose spray to moisten skin in the nose.
- Seek your doctor's care.

## Wash Away Wintertime Germs

**C**olds and the flu aren't directly linked to cold weather. Indirectly they are, because people tend to spend more time indoors and in closer contact with other people and their germs. Respiratory viruses are very contagious and will survive for hours on the skin, furniture, telephones, doorknobs, and almost anything else a sick person touches.

**Since it's not practical to cut out contact with people, remember these tips on avoiding germs this winter:**

- Wash your hands often with soap and clean running water for 20 seconds. Dry your hands using a paper towel or air dryer. Use your paper towel to turn off the faucet. If someone in your home is sick, put out a second hand towel in the bathroom for healthy people to use.
- When should you wash your hands?**
  - Before preparing or eating food
  - After going to the restroom
  - After changing diapers
  - Before and after tending to someone who's sick
  - After blowing your nose, coughing, or sneezing
  - After handling an animal or animal waste
  - After handling garbage
  - Before and after first aid.
- Avoid close contact with people who have a cold or the flu, especially during

the first few days of their illness.

- Avoid putting your hands near your eyes, nose, or mouth to protect yourself against germs you may have picked up on your hands.
- Always cover your nose and mouth with a tissue when you sneeze or cough. Then, throw the tissue away and wash your hands.
- Get plenty of sleep, exercise regularly, drink plenty of fluids, eat nutritious meals, and manage your stress effectively. Make sure you're getting enough vitamins.
- Stay warm and dry. Wear the right kind of clothes for the weather.

Layer clothing so you can remove items if you get warm. Wear a hat, coat, boots, and scarf to protect against the wind, moisture, and cold.

- Disinfect shared items such as phones, keyboards, steering wheels, remote controls, countertops, sinks, office equipment, light switches, and other items many people touch often. If a child is sick, wash toys after use.
- When you have a cold or the flu, stay home, get plenty of rest, and seek your doctor's advice on symptom relief.

*For more information, visit the Centers for Disease Control and Prevention at [www.cdc.gov/flu](http://www.cdc.gov/flu) or the American Lung Association at [www.lungusa.org](http://www.lungusa.org).*

