

# GET HEALTHY STAY HEALTHY

*This information provided by the Reedsburg Area Medical Center*

## Other Habits for Good Health

### Avoid...

...close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too. People infected with the flu may be able to infect others from one day before feeling sick to seven days after.



### Stay home when sick...

If you have symptoms of flu, stay home from work, school or other places where people gather. It is recommended people with flu-like illness remain home until at least 24 hours after they are fever free (100 F), w/out medication.

### Cover your mouth and nose...

...with a tissue when coughing or sneezing. It may prevent those around you from getting sick. If a tissue isn't handy, DO THE ELBOW COUGH, cough in your elbow, not your hands, germs are less likely to travel.

### Clean your hands...



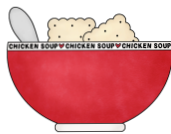
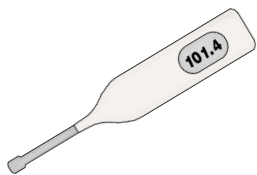
Wash hands with soap & water or use an alcohol-based hand cleanser after covering your mouth for a cough, sneeze, after wipe/blowing your nose or handling contaminated objects.

### Avoid touching your eyes, ...

... nose, or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Clean your hands before touching your face.

### Don't Share...

...food, utensils, drinking glasses or toothbrushes with others.



## FLU VS. COLD

### Symptoms MAY Include:

## Flu vs. Cold

(seasonal & H1N1)

### Symptoms MAY Include:

comes on quickly  
fever  
dry cough  
sore throat  
vomiting, diarrhea &/or abdominal pain  
body aches  
chills  
stuffy/runny nose  
severe exhaustion  
headache

comes on gradually  
fever unlikely (or mild)  
severe or hacking cough  
sore throat  
stomach feels okay  
  
body aches unlikely  
chills unlikely  
stuffy/runny nose  
mild exhaustion  
headache free



### Tips for Treating the Flu

- ◆ Drink plenty of fluids (fever can lead to dehydration) or soft fruits
- ◆ Get plenty of rest!!
- ◆ Please provide Acetaminophen (Tylenol) or Ibuprofen (Motrin, Advil) for aches and pains
- ◆ Dress in layers-stay warm
- ◆ Wash your hands thoroughly and often- especially after pickup up used tissues
- ◆ Antiviral medications can sometimes lessen flu symptoms, but require a prescription.