

Achoo!

— ARE YOU READY FOR — COLD AND FLU SEASON?

THE COLD AND the flu are both caught one of two ways: Either from person to person by coughing or sneezing or when you touch a surface that has the virus on it. Because a cold or flu virus can spread easily, doctors tell you to wash your hands a lot, not to share dishes, and to clean counters and doorknobs well during flu season.

Going into flu season, make sure you have all the facts.



the time it can take between getting flu germs and showing symptoms.



the window of time after symptoms start that antiviral medicine, like Tamiflu, works best.

3 STEPS FOR STAYING WELL

COLD AND FLU SEASON IS JUST AROUND THE CORNER, AND KIDS CAN BRING HOME GERMS THEY PICK UP AT SCHOOL. TO PROTECT YOUR KIDS AND YOUR FAMILY:

- **Wash hands completely.** Wash your hands with soap and running water for at least 20 seconds to kill all kinds of germs, including the flu virus.
- **Cover that cough.** Kids should cover their mouths with the inside of their elbow when they cough or sneeze.
- **Go once a year.** A yearly well visit to the pediatrician is important to make sure your kids are up-to-date on all vaccinations, including the flu shot. Your physician also uses this yearly visit to discuss any problems or unusual changes in your child from year to year.

» IS IT A COLD OR THE FLU? «

WHAT ARE THE SYMPTOMS?

COLD

Sore throat, followed by a runny or stuffy nose, sneezing, and coughing.

FLU

Body aches, cough, congestion, headache, runny nose and sore throat, possibly diarrhea and vomiting.

WILL I GET A FEVER?

COLD

Usually not, but kids are more likely to get a fever than adults.

FLU

Usually, and the fever can go away and come back.

HOW IS IT TREATED?

COLD

A cold can usually be treated at home with medicine you buy in the drugstore.

FLU

Often, you can treat the flu at home with medicine from the drugstore. If you know you have the flu early, you can get a prescription that will make your symptoms less severe.

HOW LONG DOES IT LAST?

COLD

Colds come on quickly and symptoms usually last about a week.

FLU

Symptoms will usually go away in about a week.

WHEN SHOULD YOU SEE A DOCTOR?

COLD

If the cold lasts longer than a week and isn't getting any better, you should schedule an appointment with your doctor.

FLU

If you have trouble breathing or can't keep food and drinks down, you should schedule an appointment with your doctor.