

Hand Washing is the Number One Way to Prevent the Spread of Colds and Flu. The Proper Way to Wash your Hands is:

1. Rub your hands together with soap and water for 15 seconds. Scrub all surfaces!
2. Rinse.
3. Towel or air dry your hands.
4. Turn the taps off with a towel or your sleeve.

Use hand sanitizer if there's no soap and water available.

Three Key Cold and Flu Prevention Methods:

Wash Your Hands!



Cough in the "V"!



Don't Touch Your Face!



CU Healthy

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website (carleton.ca/health)
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or cu_healthy@carleton.ca.

COLDS & FLU



2600 CTTC Building
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How do Colds and Flu Differ?

Colds and flu (influenza) are both a result of an infection from various viruses, however:

The **flu** gives you a fever, muscle aches, sore throat, coughing, and weakness caused when a member of the influenza family of viruses moves into your body.

The very young, those with chronic illness and the elderly can become more seriously ill.

A **cold** gives you a sore throat, sneezing, clear nasal discharge, stuffy nose, watery eyes, a dry cough or one with white mucus.

The flu comes on suddenly. A flu virus may brew for up to 2 days, however, you can go from feeling perfectly fine to horrible in a matter of hours.

A fever is a flu symptom.

You feel exhausted with the flu. While you can usually function with a cold, a fever leaves you wanting to crawl into bed.

**FEVER +
FATIGUE =
FLU**



How do Colds and Flu Spread?

They are spread through coughing and sneezing or touching anything that has been touched by someone infected with the virus. Such surfaces include hands, toys, doorknobs, and publicly used buttons like bank machines, elevators and computer keys. If you come into contact with a cold or flu virus and then touch your mouth, nose or eyes, you will likely become infected.

Preventing Colds and Flu

- **Keep yourself as healthy as possible** - eat well, get enough rest and exercise regularly.
- **Get a flu shot** and encourage your family and friends to do the same (keep in mind, it will not protect you against colds and the occasional mild flu bug).
- **Practice healthy habits:** Cover your mouth and nose while coughing and sneezing, and wash your hands!
- **Wash or sanitize your hands** before touching, eating or preparing food and after sneezing, coughing or using the washroom.
- **Don't share hand towels or drinking glasses.**
- **Keep your kitchen and bathroom counters clean**, especially when someone is sick.
- **Cough or sneeze into a tissue or the V of your arm.**
- **Avoid touching your eyes, nose and mouth.** Germs are often spread this way after touching a contaminated object.
- **If you have a fever - stay home** until it's gone!

Treatment Do's and Don'ts

- **Don't** treat a cold with antibiotics.
- **Don't** smoke! If that is impossible, try to cut back.
- **Do** drink lots of liquids.
- **Do** gargle with salt water to help reduce swelling in your throat.
- **Do** get plenty of rest.
- **Do** use disposable tissues instead of handkerchiefs.
- **Do** inhale warm, moist air to sooth inflamed mucous membranes.

When to see a doctor:

FOR A COLD:

A cold can lead to a more serious secondary bacterial infection. See your healthcare provider if your cold doesn't start to improve after seven to ten days, or you have any of the following symptoms.

- Discoloured or bloody nasal passage mucus
- Pain or tenderness around the eyes
- Painful swelling of the neck glands
- Cough with production of discoloured mucus
- Fever greater than 101.3°F (38.5°C)
- White patches on the back of your throat or tonsils
- An extremely red throat

FOR THE FLU:

Flu infections can be dangerous and should be evaluated by your healthcare provider. See your healthcare provider if you have any of the following symptoms.

- Painful breathing, wheezing or shortness of breath
- Severe headache
- Fever greater than 101.3°F (38.5°C)
- Unusual fatigue and lack of energy that lasts more than 5-7 days

