

Tips for Preventing

## Cold & Flu

- 
- **Regularly wash your hands** with soap and water for 15 to 20 seconds. Try to do this after you cough or sneeze or touch surfaces in public places. If soap is not available, carry an alcohol-based hand sanitizer.
- **Get a flu shot** each year to prevent the flu. This year, consider getting both a seasonal and an H1N1 shot.
- **Cover your nose and mouth** with a tissue whenever you cough or sneeze. And immediately dispose of the tissue after use.
- **Avoid touching your eyes, nose, or mouth** as the flu virus can enter your body that way.
- **Avoid close contact with sick people** and avoid places with large numbers of sick people such as hospitals.
- **Avoid shaking hands**, or use hand sanitizer after shaking hands.
- **Don't share** food, utensils, beverages, towels, or anything else that might become contaminated with germs.
- **Wear a mask** in a medical office if asked.
- **Call your doctor** if you have flu symptoms, to see if you should receive one of the recommended prescription drugs.
- **Stay home** from work or school if you are sick, and avoid close contact with family members and others.



# W

## UNIVERSITY of WASHINGTON TACOMA

### UP-TO-DATE INFORMATION:

More Information is on UWT Student Health and Wellness website. Visit us at :

[http://www.tacoma.washington.edu/studentaffairs/SHW/hwep\\_about.cfm](http://www.tacoma.washington.edu/studentaffairs/SHW/hwep_about.cfm)  
253.692.4522

### Additional Resources:

UW Emergency Management—H1N1 Web page  
<http://www.washington.edu/emergency/pandemic/>

Tacoma-Pierce County Health Department  
[www.tpche.org](http://www.tpche.org)  
1.800.992.2456 x6500

WA State Department of Health  
[www.doh.wa.gov/](http://www.doh.wa.gov/)  
1.877.539.4344

CDC (Center for Disease Control)  
H1N1 Flu Info: [www.cdc.gov/H1N1](http://www.cdc.gov/H1N1)

## H1N1 Flu

### What you need to know to fight the Flu

These actions will  
protect against the  
new H1N1 too!



### Student Health & Wellness

University of Washington Tacoma



## 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 7-14 days.

<b>Fever</b>	Rare in adults and older children, but can be as high as 102 F in infants and small children.
<b>Cough</b>	Mild, hacking cough
<b>Headache</b>	Rare
<b>Muscle aches</b>	Mild
<b>Tiredness/weakness</b>	Mild
<b>Extreme exhaustion</b>	Never
<b>Runny nose</b>	Often
<b>Sneezing</b>	Often
<b>Sore throat</b>	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 the influenza can be contagious for about 1 week after symptoms appear.

<b>Fever</b>	Usually 102 F, but can rise to 104 F and usually lasts 3 - 4 days.
<b>Cough</b>	Mild, hacking cough
<b>Headache</b>	Sudden onset, can be severe
<b>Muscle aches</b>	Mild to severe
<b>Tiredness/weakness</b>	Can last two or more weeks
<b>Extreme exhaustion</b>	Sudden onset, can be severe
<b>Runny nose</b>	Sometimes
<b>Sneezing</b>	Sometimes
<b>Sore throat</b>	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, diabetes, and compromised immune systems.

### 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. A vaccine against H1N1 flu is being produced and will be available in the coming months.

### Who needs a flu shot?

**Seasonal Flu**—older adults, those with increased vulnerability due to chronic disease (e.g., asthma, diabetes, HIV+, etc.) and health care workers  
**H1N1 Flu**—pregnant women, 6 months to 24 year olds, those with chronic disease, health care workers



### When should you get your flu shot?

As soon as they are available. Call your healthcare provider or the Public Health Clinic to find out when vaccine will be available.

### If you get the flu:

- ◆ Get plenty of rest, drink a lot of liquids, and avoid using alcohol and tobacco.
- ◆ Talk to your doctor about antiviral prescriptions to treat the flu; they should be started in the first two days of the illness. Antibiotics don't work on viral infections or colds
- ◆ Be aware of your flu symptoms. Flu can lead to bronchitis and pneumonia, and can be life-threatening.
- ◆ Follow the 'Tips for preventing Colds & Flu' to help prevent further spreading of the flu.

### When to stay home

Stay home from work or keep kids 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 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 pains
- 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.