

# Cold & Flu 2018: What You Need to Know



## Cold and Flu Prevention

- Eat healthy food, get plenty of sleep, and exercise.
- Wash your hands often, particularly when you are around people who are sick.
- Cover your mouth and nose when coughing and sneezing.
- Consider taking multi-vitamins or Vitamin C (possible benefit).

## Self-Care for Cold and Flu

- The common cold is an infection caused by one of 200 different viruses.
- Symptoms of cold or flu: runny nose, red eyes, sneezing, sore throat, dry cough, headache, body aches. Can last 1-2 weeks.
- Rest and drink extra fluids
- Take ibuprofen (Advil) or acetaminophen (Tylenol) as directed for fever and aches. Be sure to consult your doctor or pharmacist before taking any medication.

## When to Call SHS 909.621.8222

- Very sudden symptoms of fever, chills, shaking, body aches, fatigue, or sudden weakness.
- Fever higher than 102°F for more than 2 days.
- Vomiting or diarrhea that last more than 3 days.
- Painful, swollen lymph nodes in throat.
- Painful pressure in ears or pus draining from ears.

**Flu vaccine availability at SHS and local pharmacies is low!**

The LA County Public Health Department offers low or no-cost vaccines at their Pomona location, and has the most up-to-date info on where you can find vaccines.

909.868.0235

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