

Preventing colds and the flu is in your hands.

Following the tips below can cut your flu risk.



Wash your hands often!

- Use soap and water. Use a towel to turn off the faucet and open the door.
- If there's no water, use a hand sanitizer that contains alcohol.

Talk to your healthcare provider about getting a flu vaccine.

Stop the spread of germs.

Cover your nose and mouth with a tissue when you cough or sneeze.

Disinfect solid surfaces at work and home often. (e.g. door knobs, TV remotes, etc.)

Don't touch your eyes, nose, and mouth.

Avoid close contact with people who have a cold or the flu.

Get more flu information at cdc.gov/flu

How can you tell if it's a cold or the flu?

COLD	FLU
Symptoms develop slowly and are usually milder	Symptoms come on suddenly and are more severe
May include:	May include:
Fever up to 102°F	Fever over 102°F
Runny or stuffy nose	Stuffy nose sometimes
Mild fatigue	Extreme fatigue
Cough	Dry cough
Slight muscle aches	Muscle aches, especially in arms, legs, and back
Mild headache	Headache
Sore throat	Nausea
Sneezing	Chills and sweats
Watery eyes	Loss of appetite
Can last 2-14 days	Can last 2-7 days, but cough and fatigue may linger for 2-3 weeks



FACT:

Antibiotics don't work on cold or flu viruses.

Treating a cold or the flu is about comfort.



Get lots of rest, especially while you have a fever. Rest helps your body fight illness.



Drink lots of fluids. This helps loosen mucus.

Soothe a sore throat by gargling with warm salt water. Or try throat spray or lozenges.



Use saline (salt water) nose drops. They loosen mucus and moisten tender skin in your nose.

Avoid alcohol and tobacco. They can make cold symptoms worse.



Use only as directed.

Use TYLENOL® products for reducing fever and relieving body aches, sore throat, and headache.

If you have flu symptoms, call your healthcare provider if:

- you are 65 years old or older, pregnant, or have a chronic medical condition such as asthma, diabetes, or heart disease
- your illness seems severe
- you have a young child with flu symptoms



Your doctor may prescribe a flu antiviral drug. But it works best if started within 2 days of getting sick.

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