



# Nurse's News

## It's Cold and Flu Season

It's not always easy to tell the difference between a cold and the flu, but here are some general symptoms that may help differentiate between them:

Cold	Flu
<ul style="list-style-type: none"> <li>• Slow onset</li> <li>• No (mild) fever</li> <li>• Mild exhaustion</li> <li>• Severe or hacking cough</li> <li>• Usually no headache</li> <li>• Normal appetite</li> <li>• Usually no muscle aches</li> <li>• Usually no chills</li> <li>• Sore throat</li> </ul>	<ul style="list-style-type: none"> <li>• Sudden onset</li> <li>• High fever</li> <li>• Severe exhaustion</li> <li>• Dry cough</li> <li>• Headache</li> <li>• Decreased appetite</li> <li>• Muscle aches</li> <li>• Chills</li> <li>• Usually no sore throat</li> </ul>

**Important note: Symptoms vary from person to person; call your healthcare provider if you suspect the flu.**



## Wash Those Hands

Hand washing is the number one way to prevent the spread of disease.

- Wash before eating and cooking
- Wash after touching animals
- Wash after using the bathroom
- Wash after blowing your nose, coughing, & sneezing
- Use warm water
- Use soap and lather for 10-15 seconds
- Make sure to get in between your fingers, under fingernails, and around the wrists

## When should I stay home?

- For a temperature of 100 degrees or above
- Individual must be fever-free without fever-reducing medication (such as Tylenol or Motrin) for at least 24 hours before returning to work
- Vomiting and/or diarrhea. Individual may return to work 24 hours after last episode
- Uncontrollable, infectious cough
- Suspected communicable disease
- Suspected infection of the eyes (i.e. conjunctivitis), nose, throat (i.e. strep throat), skin (i.e. scabies)
- Individual must stay home for the first 24 hours on antibiotic therapy