

COLDS and INFLUENZA GERMS

Germs from an infected person become airborne during a cough or sneeze. These germs can be inhaled and/or contaminate objects. Touching a contaminated object or the secretion itself and then touching a face, nose, or mouth introduces the virus into the next person. The best defense is a healthy immune system. Persons with high-risk medical issues should not provide care to someone sick, if at all possible.



PREVENTION



- ✓ Good hand-washing with soap & water for 20 seconds.
- ✓ Use alcohol-based hand sanitizers.
- ✓ Adequate rest every day for a strong immune system (and faster healing).
- ✓ Good nutrition and hydration; water flushes out toxins.

HELP AVOID SPREADING GERMS

- Stay home when feverish, coughing, or having flu-like symptoms for at least 24 hours after fever is gone.
- Avoid confined spaces with large numbers of people.
- Avoid close contact (6 feet or closer) when sick.
- Avoid sharing food, drinks, or eating utensils. Wash dishes and utensils in very hot water or in dishwasher.
- Wash hands frequently with soap and water or use alcohol-based hand sanitizers.
- Avoid touching your eyes, nose, lips and mouth.
- Cough into your clothing at the elbow. Cover your cough or sneeze into a tissue, then discard tissue and wash hands.
- Disposable masks can be worn to reduce airborne droplets.
- Wash solid surfaces, bathrooms, and exposed areas frequently with household cleansers.

“He that hath clean hands, and a pure heart...shall receive the blessing from the Lord...” Psalms 24:4-5

Cold, Flu or Allergies ?

Confused about whether the runny nose, cough, or sneeze is a serious problem or just a nuisance? Here’s a guide to differences.

| | Cold | Influenza | Allergies |
|--------------------------|---|---|--|
| Cause | Rhinovirus 200 variations | Influenzavirus A Influenzavirus B | Indoor Allergen Outside Allergen Seasonal |
| Symptoms | Fever Body aches Tiredness Cough, sneeze Headache Runny or stuffy nose Sore, scratchy throat | Fever, body chills Muscle, body aches Extreme fatigue Cough, sneeze Headache Vomiting/ diarrhea Don’t always have runny or stuffy nose | No fever Wheeze Watery, itchy eyes Violent sneezing Cough Runny nose/ stuffed nose |
| If untreated | Should resolve in 7 days if no complications | Can progress to: Pneumonia Bacterial infections Bronchitis Sinus/ear infection Respiratory complications | Can progress to: Sinusitis Ear infections Chronic allergic symptoms |
| Medical Treatment | Over-the-counter meds Increase intake of Vitamins C, Zinc See Dr if symptoms worsen or don’t lessen after 1 week | Over-the-counter meds Seasonal Vaccines See Dr if symptoms worsen or don’t lessen after 1 week | Remove allergen if possible Over-the-counter meds Allergy shots |

- There is no medication that can “cure” the common cold.
- Antibiotics treat bacterial infections, not viruses.
- Antiviral medications may lessen the severity and duration.

For more information go to: www.CDC.gov or www.aafa.org

Provided by Community of Christ Health Ministries Association
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