Do you spend time in crowded places or have a chronic health condition? You may be at greater risk for colds or the flu. Get the facts...

Colds (5-10 days)
- Sniffles, sneezing, sore throat, stuffed up nose, cough
- Symptoms appear gradually
- Symptoms are annoying but tolerable
- A person can usually go about daily business (but they should rest if possible)

Influenza (the Flu)
- Fever, headache, body aches, sore throat, dry cough, extreme tiredness
- The flu comes on suddenly and symptoms are more severe than a cold
- The person wants to lie down & rest

Those at high risk of flu and colds include people:
Over 65yr, with chronic health conditions, with reduced immune systems (diabetes, AIDS, TB…), in crowded living situations, pregnant in 2nd/3rd trimester, and people who work or spend time with those at high risk.

Reduce Your Risk of Cold & Flu
- **Wash your hands often** or use alcohol based hand sanitizer gel
- **Cover your cough** Use your inner elbow or use a tissue (& throw it away)
- **Avoid touching your face, nose, eyes, and mouth**
- **Get a flu shot**

Do whatever you can to keep your immune system strong:
- Moderate physical activity
- Eat nutritious foods
- Try to reduce your stress
- Avoid drugs & alcohol
- Quit smoking or smoke less
- Stay hydrated (drink enough water/juice/herbal tea, NOT soda/coffee)
- Go outside for fresh air often (at least every hour or two)
- Avoid close contact with people while you or they are sick

For more information: Health Care for the Homeless Network (206) 296-5091
Centers for Disease Control: www.cdc.gov/flu
Public Health—Seattle & King County: www.metrokc.gov/health/prevcont/influenza.htm