

# Common Cold and Influenza



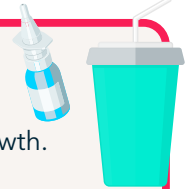
## WHAT YOU NEED TO KNOW?

The common cold and influenza (the flu) are viral infections. They usually go away in 7-10 days. Antibiotics for bacterial infections will not help you get better from a cold or flu.



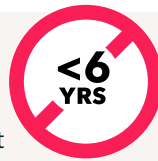
### Hints to help you feel better if you have a cold or the flu:

- Drink lots of fluids and get plenty of rest.
- You can try a cool-mist humidifier. Be sure to clean it regularly to prevent bacteria or mould growth.
- Soothe your irritated nose with a saline nose spray. Use saline drops in young children.



## MEDICATIONS FOR COLDS AND FLUS

- Many medications for cold and flu symptoms are available without a prescription. Ask your pharmacist if medication can help you or not.
- Check with your doctor or pharmacist before giving cough or cold products to children. Cough, cold or flu products should not be used in children less than 6 years of age.
- Use acetaminophen or ibuprofen if you have a fever, aches or pains. Do not give ASA (such as Aspirin) to a child or teenager who has a cold or the flu.



- Do not give medicine labelled for older children or adults to young children, unless directed to do so by a healthcare provider.
- Do not use more than 1 cough and cold product at a time. Many products contain the same ingredients.
- Measure the right dose with a measuring device. Do not use a regular spoon.

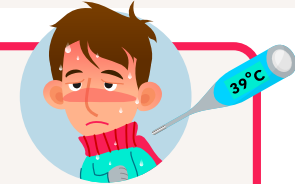


### See a health-care provider if any of these things happen:



- You have trouble breathing
- You make strange sounds when you breathe
- Your throat is very sore
- You have a lung disease such as asthma, emphysema or chronic bronchitis
- You have a fever for more than 24 hours
- Your cold or flu lasts for more than 7-10 days

### Take a child to a health-care provider if any of these things happen:



- They seem to have an earache
- They have a high fever (temperature above 39°C or 102°F)
- They seem very sleepy most of the time
- They seem very cranky or fussy most of the time
- They have rapid breathing or trouble breathing
- They have a cough that lasts for more than 10 days
- They have a skin rash
- They seem to be dehydrated (dry mouth, no urine output over 6 hours, crying without tears)

### How can you prevent colds and flus?

- There is no sure way to prevent colds and flus. A yearly flu shot will help to cut your chance of getting the flu. You can also help protect yourself by washing your hands often. Clean hands help to prevent colds and flus from spreading.
- Always wash your hands:
  - Before cooking or eating
  - Before feeding a baby or child
  - Before giving someone medication
  - After wiping your nose



### Follow these steps for proper handwashing:

- Wet your hands under running water.
- Using soap, scrub your hands for **20 seconds** (the time it takes to sing Twinkle Twinkle Little Star).
- Rinse your hands under running water for **10 seconds**.
- Dry your hands with a clean towel.

