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GOOD THINGS TO KNOW

A Decade of News You Can Use!

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COLD FACTS

ADULTS: CONTAGIOUS
1 DAY BEFORE SYMPTOMS
APPEAR & UP TO 5 DAYS
AFTER GETTING SICK

INFANTS & KIDS: CAN
TRANSMIT RHINOVIRUS
FOR 7 DAYS OR LONGER

COLD VIRUSES
LIVE IN NASAL SECRETIONS
SPREAD VIA HANDS,
COUGHING & SNEEZING

**WASH HANDS OFTEN &
WELL.** MINUS SOAP &
WATER; USE HAND
SANITIZERS

**COUGH & SNEEZE INTO
TISSUE; USE YOUR ELBOW
("DRACULA")
OR SHOULDER IF WITHOUT**

**GETTING A COLD?
LIMIT YOUR CONTACTS
& DON'T:**
HUG, KISS, SHARE
DRINKING GLASSES,
UTENSILS, PHONES
& TOWELS

**AVOID AIRBORNE COLD
VIRUSES:** STAY AT LEAST
3 FEET AWAY FROM
SOMEONE WHO'S SICK (1)

FLU SEASON 2013

Although google.org [Flu Trends](#) reveals flu activity still low nationwide, it's not too early to protect yourself.

The [CDC](#) reports that with "ample [vaccine] supplies available by September and October, everyone 6 months of age and older should get their yearly flu vaccine, ideally by October."

COLD OR FLU

According to WebMD's [Cold, Flu & Cough Center](#):

"**Cold** symptoms usually begin with a *sore throat* that usually goes away after a day or two. Nasal symptoms, *runny nose*, and *congestion* follow, along with a *cough* by the fourth and fifth days. Fever is uncommon in adults, but a slight fever is possible. Children are more likely to have a fever with a cold. Cold symptoms usually last for about a week. During the first three days that you have cold symptoms, you are contagious."

"**Flu** symptoms are usually more severe than cold symptoms and come on quickly. Symptoms of flu include *sore throat*, *fever*, *headache*, *muscle aches* and *soreness*, *congestion*, and *cough*. Swine flu in particular is also associated with vomiting and diarrhea. Most flu symptoms gradually improve over two to five days, but it's not uncommon to feel run down for a week or more.

"A common complication of the flu is pneumonia, particularly in the young, elderly, or people with lung or heart problems."

"If you notice shortness of breath, let your doctor know. Another common sign of pneumonia is fever that comes back after having been gone for a day or two. Just like cold viruses, flu viruses enter your body through the mucous membranes of the nose, eyes, or mouth."

PROTECT YOURSELF

Not just during cold and flu season, it pays to eat well, get regular exercise and quality sleep and manage stress.

Avoid close contact with people who are sick and if you get sick, even if you just feel "on the verge", stay home from work, school and errands.

Cover your nose and mouth with tissue when coughing or sneezing. No tissue, do the CDC endorsed "Dracula", use your elbow.

Out and about in germly places, avoid touching your eyes, nose or mouth until you've washed your hands with soap and water for at least 20-seconds.

Second best defense is using hand sanitizer with an alcohol content of at least 60%. Squirt out enough gel so your hands still feel damp after rubbing them for 10- to 15-seconds.

GERMY PLACES

Elevator Buttons – Severe
Acute Respiratory Syndrome
Escalator Handrails – Group
B Streptococcus
Subway Platforms –
Aspergillus
Kitchen Sink – Salmonella
Loofah Sponges –
Staphylococcus Aureus
Children's Ball Pits – E. Coli

Source: [The Germ Freak's Guide to Outwitting Colds & Flu](#)

Other germ magnets: communal pens, ATM touch pads, gas pumps, salad bar serving utensils and gym equipment.

EXERCISE OR NOT

Got flu, it's a definite "not" but what about a cold? "Two, little-known Ball State University studies published a decade ago support exercise while infected with the rhinovirus. Studies found treadmill exercise at moderate to intense levels had no effect on lung function, exercise capacity and metabolic response. No difference was found in symptoms or recovery time between exercise and non-exercise groups. Exercisers said they felt better." (2) If you *must* exercise while fighting a cold, please do it alone, at home!

(1) Ask the Experts, UC Berkeley Wellness Letter, Feb. 2009

(2) Don't Starve a Cold of Exercise by Gina Kolata http://www.nytimes.com/2008/12/25/health/nutrition/25best.html?_r=0