



Influenza (Flu) and Respiratory Syncytial Virus (RSV) are causing many people to become ill with limited treatments available. High occurrences of Flu and RSV are filling hospitals and shutting down schools. The spread of these viruses occur directly when respiratory droplets from people coughing and sneezing come in contact with and infect people nearby, or indirectly through transmission of touching surfaces. Knowing how to prevent these viruses can be a crucial part of being healthy.

**If you become ill, stay home and avoid contact with other people except to get medical care!**

### Cold & Flu Prevention Tips

- Wash Your Hands Often
- Eat Plenty Of Veggies And Fruits That Offer Antioxidants
- Use Disinfectant When You Clean
- Cover Your Cough And Sneeze
- Get the Flu Vaccine
- Get Some Rest
- Avoid Contact With Others If You Are Sick

## IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

**Type A** flu virus is constantly changing and is generally responsible for the large flu epidemics

**Type B** flu virus is only found in humans and causes a less severe, but still harmful reaction

**Type C** flu virus is milder than types A and B as it is less harmful to humans and does not cause epidemics

### PROTECT YOUR CHILD from RSV

- Avoid close contact with sick people
- Cover your coughs & sneezes
- Wash your hands often
- Clean & disinfect surfaces
- Avoid touching your face with unwashed hands
- Stay home when you're sick

CDC [www.cdc.gov/rsv](http://www.cdc.gov/rsv)

So far this season, the CDC estimates there have been at least 19 million cases of Influenza (flu) with 180,000 hospitalizations and 10,000 deaths. The flu virus infects the respiratory tract (throat, lungs, and nose) which triggers the body's immune system to respond. The immune system response creates inflammation that causes symptoms such as cough, sore throat, fever, and muscle/body aches. Both influenza A and B viruses can survive for 24-48 hours on hard, nonporous surfaces.

Respiratory syncytial virus (RSV) is a very contagious virus that affects the lungs and breathing. Signs and symptoms of RSV appear four to six days after exposure to the virus. Diagnosis of over 2 million children under the age of 5 occurs each year and infants are most severely affected. RSV can survive on hands for at least 30 minutes and several hours on infected surfaces.

In the event of any severe illness and onset of the following emergency warning signs, seek medical care immediately. These signs are difficulty breathing, chest pain, severe muscle pain/weakness, not urinating, seizures, inability to arouse or not being alert. Additionally, for children,

watch for fever above 104°F (in children less than 12 weeks, any fever at all), ribs pulling in with each breath, or bluish lips or face.

Sources and additional information: <https://www.cdc.gov/rsv/about/index.html> <https://www.cdc.gov/flu/season/index.html>  
<https://www.ncbi.nlm.nih.gov/pubmed/6282993> <https://www.cdc.gov/dotw/flu/index.html>  
<https://www.mayoclinic.org/diseases-conditions/respiratory-syncytial-virus/symptoms-causes/syc-20353098>