

Tips for Preventing Colds & Flu

- **Get a flu shot** each year to prevent the flu.
- **Wash your hands often** with soap and warm water, or use an alcohol-based hand sanitizer.
- **Cover your nose and mouth** with a tissue when you sneeze, cough, or blow your nose. Quickly throw away used tissues, then wash your hands.
- If you don't have a tissue, **cough or sneeze into your sleeve/elbow** - not into your hands.
- **Regularly clean** surfaces in your home that are touched often, like light switches, doorknobs, faucets, and appliance handles.
- **Don't share** food, utensils, beverages, towels, lipstick, toys, cigarettes, or anything else that might become contaminated with germs.
- **Avoid touching your eyes, nose, or mouth.** Germs can spread by touching them.
- **Avoid close contact with sick people.** Most germs are spread when a sick person coughs, sneezes, or talks.
- **Stay at home** if you have a cough or fever.
- **Wear a mask** in a medical office if asked.
- **Always follow your doctor's instructions** and take your medicine as prescribed.

Flu Resources

Lincoln County Health Department
509-725-1001
www.co.lincoln.wa.us

Odessa Memorial Healthcare Center
509-982-2611
www.omhc.org

Odessa Clinic
509-982-2614

Lincoln Hospital
509-725-7101
www.lincolnhospital.org

North Basin Medical Clinics
Davenport Clinic
509-725-7501

Reardan Clinic
509-796-2737

Wilbur Clinic
509-647-5321

Washington State Department of Health
www.doh.wa.gov

Centers for Disease Control and Prevention
www.cdc.gov



A Guide For The Cold & Flu Season

Tips & facts for staying healthy



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Cold

The common cold is an upper respiratory infection and can be caused by many different types of viruses. The common cold is contagious and lasts 7 to 14 days.

Fever	Rare in adults and older children, but can be as high as 102°F in infants and small children.
Cough	Mild, hacking cough
Headache	Rare
Muscle aches	Mild
Tiredness/weakness	Mild
Extreme exhaustion	Never
Runny nose	Often
Sneezing	Often
Sore throat	Often

- The best treatment for a cold is to rest and drink plenty of fluids, especially water.
- Talk to your doctor about over-the-counter medication which can help you feel better.

Never give aspirin to children or teenagers without first talking to your healthcare provider.

If you get the flu

- Get plenty of rest, drink a lot of liquids, and avoid using alcohol and tobacco.
- Talk to your doctor about antiviral prescriptions to treat the flu; they should be started in the first two days of illness. Antibiotics don't work on viral infections or colds.
- Be aware of your flu symptoms. Flu can lead to bronchitis and pneumonia, and can be life-threatening.
- Following the "Tips for Preventing Colds & Flu" to help prevent further spreading the flu.

Seasonal Flu & H1N1 Flu

Influenza (the flu) is a highly contagious viral infection. The flu affects the lungs and sinuses. A person with influenza can be contagious for about 1 week after symptoms appear.

Fever	Usually 102°F, but can rise to 104°F and usually lasts 3 to 4 days.
Cough	Often, can become severe
Headache	Sudden onset, can be severe
Muscle aches	Usual, often severe
Tiredness/weakness	Can last 2 or more weeks
Extreme exhaustion	Sudden onset, can be severe
Runny nose	Sometimes
Sneezing	Sometimes
Sore throat	Sometimes
H1N1 flu can also include:	
Nausea	
Vomiting	
Diarrhea	

When to stay home

Stay home from work or keep kids home from school or childcare if you or they have:

- A fever of 99.8°F or more
- A severe cough with fever
- A sore throat with fever, or difficulty swallowing
- Diarrhea or vomiting

How long to stay home

Stay home until symptoms are gone and until you or your kids have been fever free (less than 99.8°F without the use of fever-reducing medicine) for at least 24 hours.

Who needs a seasonal flu shot?

Everyone 6 months and older should receive a yearly seasonal flu shot.

Will the seasonal flu shot protect me from the H1N1 flu?

Yes. This year's seasonal flu shot will protect against the H1N1 flu.

Do all kids need a seasonal flu shot?

Yes! Each year in the U.S. more than 20,000 children under age 5 are hospitalized due to the flu.

When should you get your flu shot?

Now. Seasonal flu shots are now available throughout Lincoln County at Lincoln County Health Dept., North Basin Medical Clinics, Odessa Clinic, Davenport Pharmacy, and Safeway. Call for more information on dates & times.



+ When to seek medical care +

Seek medical care right away if the sick person:

- Has difficulty breathing or chest pain
- Has purple or blue colored skin or lips
- Is vomiting and unable to keep liquids down
- Has signs of dehydration such as dizziness when standing, not urinating, or in infants, a lack of tears when they cry
- Has seizures (uncontrolled convulsions)
- Is less responsive than normal or becomes confused