

Houston Department of Health and Human Services

Health Tips to Protect You and Your Family

- ✓ Stay home if you're ill.
- ✓ Wash your hands well and often.
- ✓ Rest 7-8 hours of sleep per night.
- ✓ Eat right – fruits/vegetables, foods that contain vitamin C.
- ✓ Get plenty of fresh air, sunshine and exercise daily.
- ✓ Keep your hands away from eyes/nose/mouth –bacteria and viruses are easily transmitted through mucous membranes.
- ✓ Remember surfaces such as door knobs, pencils, etc. can be a source of infection.
- ✓ Use “respiratory etiquette” – sneeze or cough into tissue, discard the tissue and wash your hands.
- ✓ Limit the time you spend in large crowds of people.
- ✓ If you have symptoms of the flu – **call your doctor.**
 - Anti-viral drugs can help.

Check your symptoms, and ask your doctor for advice.

Remember, a **Flu Shot** and **Hand Washing** are your best protection against the flu.

SYMPTOMS	COLD	INFLUENZA
Fever	Rare in adults and older children, but can be as high as 102°F in infants and small children	Usually 102°, but can go up to 104°F and usually last 3 to 4 days
Headache	Rare	Sudden onset and can be severe
Muscle aches	Mild	Usual, and often severe
Fatigue	Mild	Severe can last 2 or more weeks
Runny nose, sneezing, sore throat	Common in colds	Sometimes
Cough	Mild hacking cough	Coughing usual, can be severe