

HCS STAFF WELLNESS NEWSLETTER



Is it just a cold or is it the flu?

Know the F.A.C.T.S.! You may have the flu if you have two or more of these tell-tale symptoms:

F: Fever over 100 degrees

A: Aches

C: Chills

T: Tiredness

S: Sudden onset

The best way to prevent getting the flu is by getting your flu shot or FluMist. Likewise, you can prevent the spread of flu, cold, and cough germs by doing the following:

1. Wash your hands well. Lather up after playing outside, using the restroom, coming home from school, and before eating.
2. Get some rest! A lack of sleep nearly doubles the chances of getting sick. Try to get into bed earlier if you have been around someone who has been sick.
3. Eat healthy foods. Try eating colorful fruits and vegetables, which are rich in antioxidants and vitamins and therefore bolster the immune system.
4. Bundle up. A British study found that getting chilled while cold and flu viruses are circulating may triple your chances of getting sick.
5. Keep your hands away from your eyes and nose. The enzymes in our mouth provide some defense against germs, but the eyes and nose do not have that type of protection.
6. Cough into your sleeve. Likewise, wash your hands after you sneeze or blow your nose. This will help prevent the spread of germs.
7. Disinfect any space shared with a sick person. Germs can live for hours on inanimate objects. Target desks, doorknobs, light switches, etc.
8. Ban sharing. If you have a sick family member, do not share cups, eating utensils, or even toothpaste.
9. Give anyone sick at home their own space until they are well. If your children share bedrooms, give the sick child his /her own space until at least 24 hours after the symptoms are gone.

