

PREVENTING COLDS AND INFLUENZA (FLU)

Cold and influenza season is here. As the weather gets cooler and we move indoors, so do germs. Children need reminders to decrease the risk of colds and flu at school and home by:

- ◆ Washing hands often
- ◆ Coughing and sneezing into their elbow
- ◆ Keeping hands away from nose and mouth
- ◆ Not sharing food or drink with others
- ◆ Not sharing facecloths or towels

To help limit the spread of germs, please keep your child home from school and activities if they are feverish, coughing a lot, have thick yellow or green discharge from the nose, or are otherwise unwell.

Remember:

- ◆ Viruses cause colds and influenza
- ◆ Antibiotics will not make a cold or other virus go away faster
- ◆ The most effective treatment for a cold is rest and fluids
- ◆ The influenza vaccine will protect against specific types of influenza
- ◆ Call your doctor if your child has an earache, fever higher than 39° C (102° F), rash, is very sleepy or difficult to wake, very cranky or fussy, has trouble breathing or a cough that will not go away
- ◆ Handwashing is the most effective way to stop the spread of germs that cause colds, influenza, diarrhea, and other illnesses
- ◆ Wash hands, before and after eating or handling food, after using the toilet, handling pets, coughing, sneezing, or wiping noses

For more information:

- ◆ Your local [Public Health Unit](#)
- ◆ [HealthLinkBC](#) or dial 8-1-1 (a free call)
- ◆ Your doctor