



It's cold and flu season again.

A cold or flu is the result of an infection from different viruses.

The flu gives you a fever, muscle aches, sore throat, coughing and weakness caused when a member of the influenza family of viruses moves into your body.

The very young, those with chronic illness and the elderly can become more seriously ill.

What makes the flu different from a cold?

It comes on suddenly. While the virus causing your flu may brew for up to 2 days, you can go from feeling perfectly fine to horrible in a matter of hours.

You have a fever.

You feel exhausted. While you can usually function with a cold, the flu leaves you wanting to crawl into bed.

The best way to wash your hands:

- Wet your hands and apply liquid or clean bar soap. Place the bar soap on a rack and allow it to drain.
- Rub your hands vigorously together and scrub all surfaces.
- Continue for 10 - 15 seconds. It is the soap combined with the scrubbing action that helps dislodge and remove germs.
- Rinse well and dry your hands.
- Use a hand sanitizer if there's no soap and water available.



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COLDS & FLU



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FEVER + FATIGUE = FLU

How does a flu or cold spread?

A flu or cold spreads through coughing and sneezing or touching anything that has been touched by someone infected with the virus. Such surfaces include hands, toys, doorknobs, and publicly used buttons like banking machines and elevators.

Preventing colds and flu

- Keep yourself as healthy as possible – eat well, get enough rest and exercise regularly.
- Get a flu shot and encourage your family and friends to do the same. This is a big step towards achieving an illness-free winter but it won't protect you against colds and the occasional flu bug.
- Healthy habits can protect everyone from getting germs or spreading germs at home, school, or work. Simple actions, like covering your mouth and nose and washing hands often, can kill germs and prevent illnesses.
- Wash or sanitize your hands before touching, eating or preparing food and after sneezing, coughing or using the washroom.
- Don't share hand towels or drinking glasses.
- Keep your kitchen and bathroom counters clean, especially when someone is sick.
- Cover your mouth and nose with a tissue when coughing or sneezing – it may prevent those around you from getting sick. If you don't have a tissue, cough into the crook of your elbow.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
- If you have a fever – stay home until it's gone. You'll feel better faster and you're less likely to pass on your flu to someone else.

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Ever heard of the stomach flu?

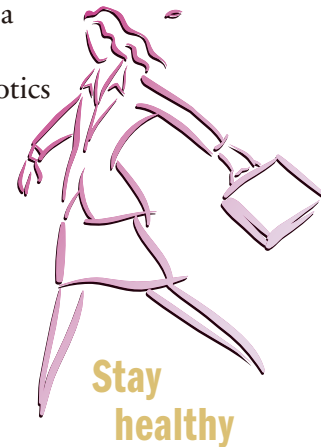
Vomiting and diarrhea are usually not the flu. These are usually symptoms of gastroenteritis, commonly called “gastro.” These symptoms are usually caused by contaminated food or water and can occur anywhere from a couple of hours to a couple of days after contact.

Ever been told you'll catch a cold by being outside?

The truth is that you are *not* more likely to contact a virus outdoors. A virus spreads from person to person.

Antibiotics

Antibiotics will not cure a cold or flu since both are caused by viruses. Antibiotics only work against infections caused by bacteria. If your fever doesn't go away or your coughing secretions are not clear, seek a medical opinion.



Healthy habits can protect everyone from getting germs or spreading germs at home, school, or work. Simple actions, like covering your mouth and nose and washing your hands often, can kill germs and prevent illnesses.