

## Protect Yourself from Colds and Flu



### What is a cold?

You are sick - maybe cough, sore throat, headache, but **no fever** and you **don't have to stay in bed**.

### What is a fever?

You are **very sick**, cough, sore throat, headache, sore muscles, you do have a **fever** and you **must stay in bed**.

Every winter many people get sick.

You get sick from viruses - not from the cold weather.

In the winter we keep our windows closed and this keeps the viruses inside with us. So we get sick more.

**Going out into the cold does not make you sick.** Coming in contact with a virus makes you sick.

Where do you come in contact with viruses?

**Anywhere a sick person has been.**

A sick person leaves his virus germs everywhere he goes. When he sneezes or coughs, when he touches the apples in Superstore, when he touches the seat on the bus, when he shakes your hand.

There are many ways you can avoid getting sick.

Look at the following ideas to stay healthy all winter.

### Get a flu shot



Wash your hands with soap and water - wash for 20 seconds



Eat healthy food - lots of fruits and vegetables



Do not cough into your hand - instead cough into your elbow or shoulder



Exercise to stay strong



Get enough sleep -  
7 to 8 hours is recommended

