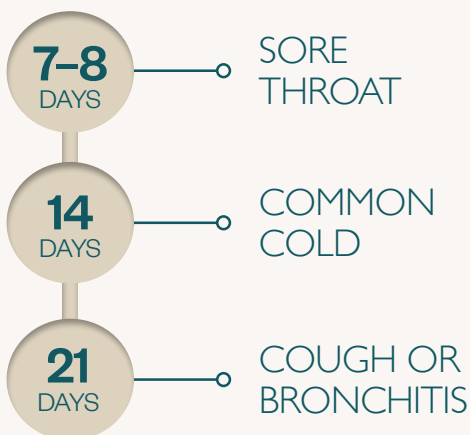


COLD & FLU

IMPORTANT MESSAGES

▶ NORMAL SYMPTOM DURATIONS:



▶ REFER IF:

- ▶ Cold or flu symptoms worsen or do not improve after seven days;
- ▶ Chest pain, shortness of breath or difficulty breathing is experienced;
- ▶ There is blood in their sputum;
- ▶ A rash develops.

▶ INFECTION CONTROL MEASURES:



WASH YOUR HANDS



THROW AWAY USED TISSUES



STAY AT HOME AND RECOVER



DRINK HOT DRINKS



MAINTAIN FLUID INTAKE



TAKE TIME TO REST

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