COLD & FLU

IMPORTANT MESSAGES

NORMAL SYMPTOM DURATIONS:
- 7–8 DAYS: SORE THROAT
- 14 DAYS: COMMON COLD
- 21 DAYS: COUGH OR BRONCHITIS

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

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.

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