

Cold

- Symptoms that build over 48 hours
- Runny nose, watery eyes
- Stuffy nose and congestion
- Sneezing and coughing
- Symptoms may last 3-10 days

Flu

- Fast onset of symptoms (especially fever and chills)
- Fever and chills
- Body aches and pains
- Weakness and fatigue
- Symptoms may last 7-14 days and may linger for up to 3

Common signs and symptoms of the flu include:

- Fever over 100.4 F (38 C)
- Aching muscles.
- Chills and sweats.
- Headache.
- Dry, persistent cough.
- Fatigue and weakness.
- Nasal congestion.
- Sore throat.

Common symptoms of the flu include:

- fatigue
- nasal congestion
- a cough
- headaches
- a sore throat
- body aches
- chills
- a fever
- vomiting or diarrhea, which are more common in children



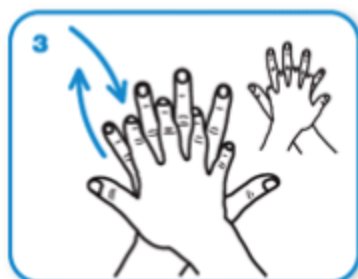
Wet hands with water



apply enough soap to cover all hand surfaces.



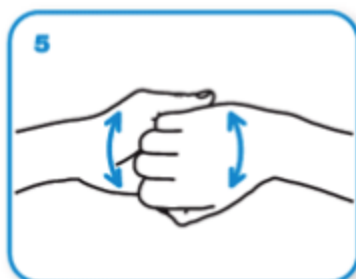
Rub hands palm to palm



right palm over left dorsum
with interlaced fingers
and vice versa



palm to palm with fingers
interlaced



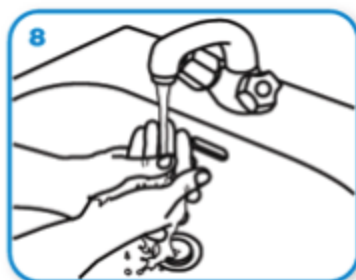
backs of fingers to opposing
palms with fingers interlocked



rotational rubbing of left thumb
clasped in right palm
and vice versa



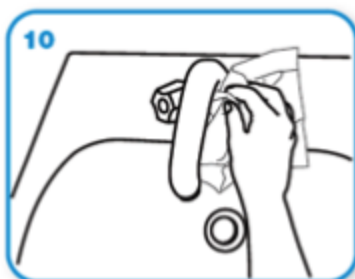
rotational rubbing, backwards
and forwards with clasped
fingers of right hand in left
palm and vice versa.



Rinse hands with water



dry thoroughly with a single



use towel to turn off faucet



...and your hands are safe.