

Staying Healthy Learn about Colds and Flu



CALIFORNIA DEPARTMENT OF DEVELOPMENTAL SERVICES



DDS SafetyNet

Helping assure that Californians with
developmental disabilities are safe and healthy

Colds and Flu

- Are common
- Can make you feel very sick
- Usually last only a short time



Colds and flu can affect your

- Nose
- Throat
- Breathing
- Lungs



Ways to keep from getting colds or flu

- Get a flu shot each year



Ways to keep from getting colds or flu

- Wash your hands often with soap and water
- Try to stay away from people who have colds or flu



Colds are common

If you get a cold, you will

- Feel tired
- Sneeze a lot
- Have a runny nose and sore throat



If you have a fever, you may have the flu.

If you have the flu, you might

- Have a fever
- Feel body aches
- Have a headache
- Have a cough
- Have a sore throat



With a cold or the flu, it is important to

- Get extra rest and sleep
- Drink lots of liquids like water, juice, tea, or soup



With a cold or the flu it is important to

- Stay home and take care of yourself



With a cold or the flu, it is important to

- Tell your support person you are sick
- Know you may need some help until you feel better



If you do not feel better

- Call the doctor to see what you can do to feel better.
- Follow the doctor's directions.
- If you do not feel better after a few more days, call the doctor again.

