

Surviving Cold & Flu Season

Presented by
CIGNA Employee Assistance Program
for SHBP Employees



Seminar Goals

- Learn about Colds & Flu
- Practice Prevention
- Know the Basic Treatment
- Be Prepared
- Balance Your Work & Life

Why Planning Makes Sense

- Adults average 2– 4 colds per year
- Children may average 6-8 colds per year
- Children miss 4-5 days per year from school due to illness.
- 22 million school days are lost annually in the United States due to the common cold
- Approximately 5% to 20% of U.S. residents get the flu each year
- More than 200,000 people are hospitalized each year with flu related complications



Is it a Cold or the Flu ?

- Both are respiratory infections
- Caused by different viruses
- Spread by virus droplets
- Share some common symptoms
- Both are more likely to occur in winter months
- Difficult to know the difference
- Generally ... colds are less severe than the flu

Common Cold Symptoms

- Develops over 1-3 days
- Runny nose
- Congestion
- Sneezing
- Scratchy throat
- Cough
- Weakened sense of smell and taste
- Lasts about 1 week



Common Flu Symptoms

- Sudden onset
- Usually fever
- Cough
- Muscle aches
- Chills
- Tired
- Feel miserable overall
- Lasts from 1-2 weeks – may feel tired longer



Prevention – The Best Defense

- Get the flu shot
- Frequent hand washing / Instant hand sanitizers
- Avoid touching nose, eyes, mouth
- Avoid close contact
- Cover your nose & mouth
- The elbow cough
- Get fresh air / Keep your air moist



Prevention – Practice Good Health Habits

- Get enough sleep and rest
- Eat nutritious foods
- Be physically active
- Don't smoke
- Manage stress

Prevention – Keep Home & Workplace Clean

- Wipe and wash door knobs
- Keep faucets and sinks clean
- Clean and dry kitchen counters
- Disinfect telephones and computer keyboards
- Wipe car steering wheel
- Keep shared children's toys clean

Prevention – School & Classroom

- Organize a classroom “cleaning crew”
- Make donations of cleaning products and wipes
- Teach children about “healthy sharing”
- Make sure children get rest, fluids and eat well.

Planning Ahead

- Schedule your flu shot early in the season
- Educate yourself about Cold & Flu Treatments & Medications
- Use employer provided Health Information Lines
- Use reliable medical information – MedlinePlus, Healthwise or WebMD

Planning Ahead

- Keep simple meals on hand
- Prevent dehydration by drinking water and other non-caffeinated beverages
- Have a “key contact” telephone or email list ready to go
- Keep phone numbers up to date
- Emergency contacts

Planning Ahead – Child Care

- Set up family/friend support system for sick child care or so you can get better
- Investigate licensed sick child daycare centers or home providers before they are needed
- Have some home entertainment ready

When To Stay Home With Cold & Flu – General Guidelines

- Fever over 100 degrees
- Diarrhea
- Vomiting
- Coughs that produce phlegm
- Excessive nasal discharge
- Breathing problems
- Severe body aches
- Excess fatigue
- Irritability level

Seminar Sources

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