



## Things to Know About the Common Cold & the Flu

### Prepare Your Own Saline (Salt Water) Drops

Washington Heights Family Health Center  
575 West 181th Street  
New York, NY 10032  
Tel: (212) 342-3060

New York City  
Poison Control:  
(800) 222-1222

Emergency:  
911

Using saline in the nose with a bulb syringe can help pull out mucous that causes a stuffy nose.

You can make your own saline at home:

- One teaspoon of salt mixed with 8 ounces of boiling water.
- Let it cool and store in a clean bottle.



## The Common Cold vs. The Flu

The flu and common cold are very similar. They are sometimes hard to tell apart. A special test can help tell if a hospitalized person has the flu within the first few days of noted symptoms.

### **Know What They Have in Common!**

- The cold and flu are both infections of the nose and throat caused by a virus, NOT a bacteria.
- Both can be spread from person to person by coughing and sneezing, and by touching your mouth or nose after you touched something that has come in contact with the virus.
- Both can be killed by the body's defense system.
- Both can be treated by drinking liquids, resting, and taking Tylenol or Motrin when prescribed by the doctor.
- **ANTIBIOTICS DO NOT WORK TO TREAT THEM.**

### **Know The Differences!**

- Colds are usually milder than the flu, and the signs tend to be a runny or stuffy nose.
- Colds usually lasts fewer days than the flu.
- The Flu is usually more serious than the cold. It sometimes causes fever that may last for many days, body aches, runny nose, cough, diarrhea, vomiting, or serious complications that can lead to death.
- **THE FLU IS USUALLY PREVENTED BY GETTING THE FLU VACCINE EVERY YEAR.**

## Facts About the Flu Vaccine

- Everyone in the family should get a flu vaccine.
- The flu shot is approved to be used for all people who are 6 months of age or older.
- It can give you a low fever, but it **DOES NOT GIVE YOU THE FLU.**
- Both vaccines protect against the flu, not against the common cold.
- The flu vaccine that is given as a shot is made with a killed virus that helps the body fight the flu virus.
- The flu vaccine that is given as a nasal spray is made with a weakened virus. It is approved for use among healthy people who are not pregnant and are 2 years to 49 years of age.
- Children who are 6 months to 9 years of age and are getting a flu vaccine for the first time need to get two doses. The first flu shot should be given at the beginning of the fall and the second flu shot at least a month later.

## Treating the Common Cold & Flu

- The flu and cold can be treated by the body's defense system, by drinking plenty of liquids, resting, or by taking Tylenol / Motrin when prescribed by the doctor.
- Flu antiviral medicine are sometimes prescribed by doctors within 2 days of signs of sickness.
- You can create your own cold care kit.

A cold care kit is a container where you can keep all the things you can use to prevent and treat the flu.

- Salt Water (Saline) Drops
- Bulb Syringe
- Tissues
- Alcohol hand cleanser
- Thermometer
- Oral syringe or dropper

*Saline Drop Recipe is on the back of this brochure*

## Stop the Spread of the Cold & Flu

- The best way to prevent the spread of the flu is by getting the flu vaccine each year.
- Washing hands frequently with soap & water.
- Throw away dirty tissues.
- Clean all things that may have been in contact with the virus.