



Flu Deaths are on the Rise

*Recognize
the Symptoms!*

Knowing the difference between a cold and the flu could save your life. According to the Centers for Disease Control, 12,000 people age 65 and older died during the 2017-2018 Flu season – more than double the number in 2016-17 and six times the number in 2015-2016.

Cold symptoms:

- Gradual onset
- No or low-grade fever
- Runny/stuffy nose
- Sore throat
- General fatigue

Flu symptoms:

- Sudden and severe onset
- Mid-to-high fever
- Headache
- Dry cough
- Extreme fatigue/exhaustion

Call Peninsula Home Care or Your Doctor

- White patches in the back of your throat
- Fever of 102-degrees for more than three days
- Coughing up pink or reddish mucus
- Suffering shortness of breath
- If your unsure how your prescriptions will interact with cold or flu medications

Go to the ER Immediately

- New and/or severe pain in arms, neck, back, jaw, or stomach
- Sudden severe headache
- Repeated vomiting
- Difficulty breathing or chest pain
- Dizziness or confusion
- Pain or pressure in the chest or stomach

You Don't Have to Recover if You Don't Get Sick!

- Wash hands often with hot water and soap
- Use an alcohol-based hand sanitizer in between washings
- Brush your teeth
- Use alcohol wipes on shared items (e.g. phones, tv remotes)
- Get enough sleep, exercise and healthy foods to boost immunity
- Don't smoke

About That Flu Shot ...

Best time for a flu shot is October or November. Missed that window? Get one anyway, particularly if you're over age 50 or have a chronic illness such as asthma or diabetes ... unless you are allergic to eggs. Then, talk with your doctor about strategies.

Just a Cold?

- Take Ibuprofen or Acetaminophen for mild aches and low fever
- Gargle with warm salt water for a sore throat
- Stay hydrated with water, sports drinks, juice, and herbal teas
- Avoid caffeine and alcohol - they contribute to dehydration
- Use a steam shower or a humidifier to help clear a stuffy nose
- Use warm compresses on your sinuses for five minutes each hour

Taking Medicine?

READ EACH LABEL. Check packages for warnings and interactions. Print too small? Call your home health nurse or pharmacist.

DOCTOR OR PHARMACIST. Ask questions, including if you can take cold medicine in combination with your other medicines.

TAKE THE CORRECT DOSE! In this case, more is NOT better. Many cold and flu medications have multiple ingredients. Learn about side effects, particularly drowsiness.



Going above and beyond for you!

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02/2019