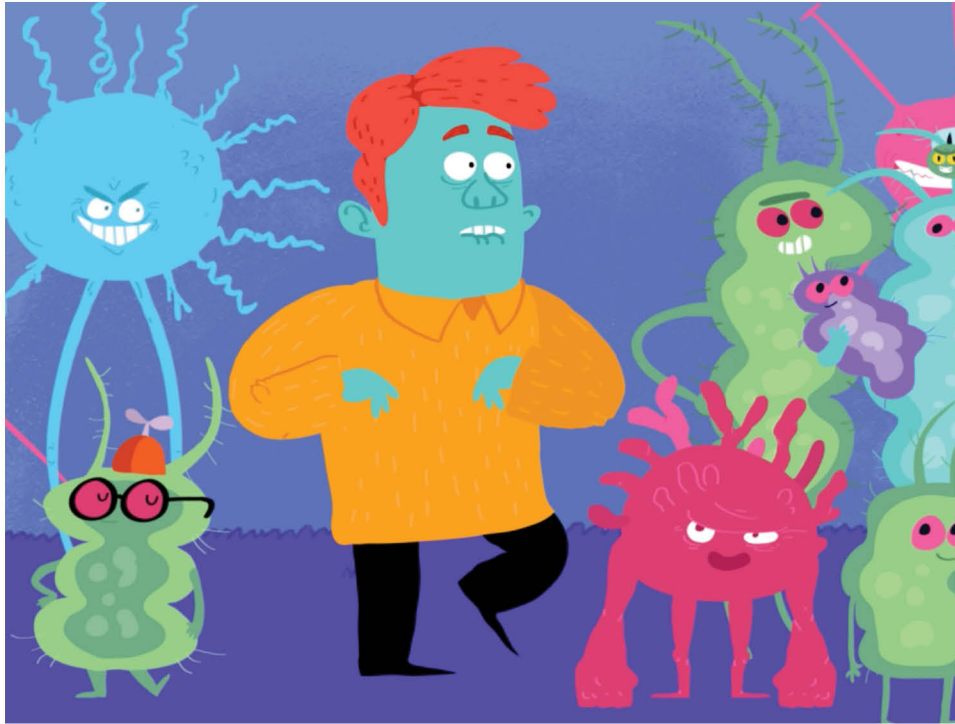


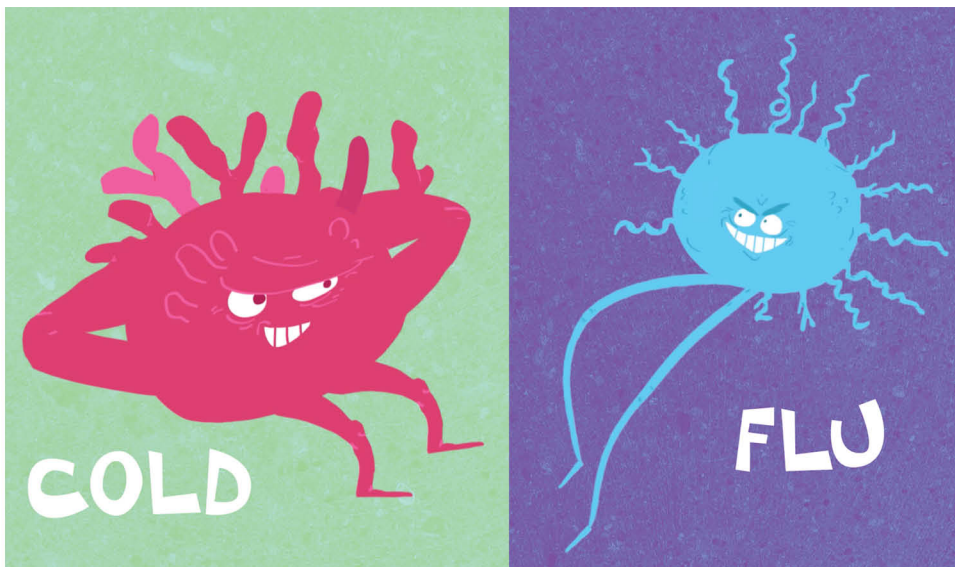
Colds & Flu

What causes colds & flu?



You may not realise it, but there are over 200 viruses in your environment that can cause colds and flu. Viruses enter the body through the eyes, nose and mouth; they can spread through personal contact or by touching surfaces that have already been infected with a virus.

What's the difference between a cold and the flu?



Once a virus enters your system, soon you'll be hosting either a cold (a viral infection of the nose or throat) or the flu (which affects the respiratory system).



A cold is milder than the flu, with symptoms developing gradually including a runny nose, chest congestion, a sore throat and cough. With bed rest and over the counter medication, colds usually resolve in a few days.



The flu is more severe and can develop quickly. Symptoms may include a high fever, muscle aches, body aches, extreme fatigue, chest discomfort, headaches and chills. Flu can also lead to life threatening conditions like pneumonia.

How to protect yourself



You can protect yourself from colds and flus:

- Avoid touching surfaces then touching your eyes, nose or mouth
- Avoid close contact with those who may have a cold or flu
- Wash your hands with soap and water
- Keep surfaces clean
- Build a strong immune system by eating healthy, keeping hydrated and staying active.

If you suspect you have the flu (high fever or severe and persistent symptoms), consult your doctor.