



Is It a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Rare	Usual; high (100°F to 102°F, occasionally higher, especially in young children); lasts 3 to 4 days
Headache	Rare	Common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; can last up to 2 to 3 weeks
Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
Treatment	Antihistamines Decongestants Nonsteroidal anti-inflammatory medicines	Antiviral medicines—see your doctor
Prevention	Wash your hands often with soap and water; avoid close contact with anyone with a cold	Annual vaccination; antiviral medicines—see your doctor
Complications	Sinus congestion Middle ear infection Asthma	Bronchitis, pneumonia; can worsen chronic conditions; can be life-threatening. Complications more likely in the elderly, those with chronic conditions, young children, and pregnant women



¿Será un resfrío o será la gripe?

Síntomas	Resfrío	Gripe
Fiebre	Rara vez	Es común; fiebre alta (de 100°F a 102°F, especialmente en niños pequeños); dura de 3 a 4 días
Dolor de cabeza	Rara vez	Con frecuencia
Malestar general, dolor	Leve	Es común; muchas veces son severos
Fatiga, debilidad	A veces	Es común; puede durar hasta 2 o 3 semanas
Agotamiento	Nunca	Es común; al principio
Tiene la nariz tapada o congestionada	Con frecuencia	A veces
Estornudos	Es común	A veces
Dolor de garganta	Con frecuencia	A veces
Molestia en el pecho, tos	De leve a moderada; tos seca	Con frecuencia; puede volverse severa
Tratamiento	Medicinas con antihistamínicos Descongestionantes Medicinas anti-inflamatorias sin esteroides	Medicinas retrovirales— visite a su doctor
Prevención	Lávese las manos frecuentemente con agua y jabón; evite el contacto estrecho con alguien que esté resfriado	Hágase vacunar cada año; Medicinas retrovirales—visite a su doctor
Complicaciones	Sinusitis o congestión nasal Infección del oído medio Asma	Bronchitis, pneumonia; los problemas crónicos de salud pueden empeorar; puede ser mortal. Las complicaciones son más frecuentes entre los ancianos, aquellos con problemas crónicos de salud, los niños pequeños y las mujeres embarazadas

the flu



A Guide for Parents

What is the flu?

The flu (influenza) is an infection of the nose, throat, and lungs that is caused by influenza virus. The flu can spread from person to person. Most people with flu are sick for about a week, but then feel better. However, some people (especially young children, pregnant women, older people, and people with chronic health problems) can get very sick and some can die.

What are the symptoms of the flu?

Most people with the flu feel tired and have fever (usually high), headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. Cough can last two or more weeks.

How does the flu spread?

People that have the flu usually cough, sneeze, and have a runny nose. This makes droplets with virus in them. Other people can get the flu by breathing in these droplets, getting them in their nose or mouth, or touching contaminated surfaces.

How long can a sick person spread the flu to others?

Healthy adults may be able to spread the flu from 1 day **before** getting sick to up to 5 days **after** getting sick. This can be longer in children and in people who don't fight disease as well (people with weakened immune systems).

How can I protect my child from the flu?

A flu vaccine is the best way to protect against the flu. CDC recommends that all children from the ages of 6 months up to their 19th birthday get a flu vaccine every fall or winter (children getting a vaccine for the first time need two doses).

- Flu shots can be given to children 6 months and older.
- A nasal-spray vaccine can be given to healthy children 2 years and older (children under 5 years old who have had wheezing in the past year or any child with chronic health problems should get the flu shot).

You can protect your child by getting a flu vaccine for yourself too. Also encourage your child's close contacts to get a flu vaccine. This is very important if your child is younger than 5 or has a chronic health problem like asthma (breathing disease) or diabetes (high blood sugar levels).

Is there medicine to treat the flu?

There are antiviral drugs for children 1 year and older that can make your child feel better and get better sooner. But these drugs need to be approved by a doctor. They should be started during the first 2 days that your child is sick for them to work best. Your doctor can discuss with you if these drugs are right for your child.

What Can YOU Do?

How else can I protect my child against flu?

1. Take time to get a flu vaccine and get your child vaccinated too.
2. Take everyday steps to prevent the spread of germs. This includes:
 - Clean *your* hands often and cover your coughs and sneezes
 - Tell your child to:
 - Stay away from people who are sick
 - Clean hands often
 - Keep hands away from face
 - Cover coughs and sneezes to protect others (it's best to use a tissue and throw it away).

What should I use for hand cleaning?

Washing hands with soap and water (for as long as it takes to sing the *Happy Birthday* song twice) will help protect your child from many different germs. When soap and water are not available, wipes or gels with alcohol in them can be used (the gels should be rubbed into your hands until they are dry).

What can I do if my child gets sick?

Consult your doctor and make sure your child gets plenty of rest and drinks a lot of fluids. If your child is older than 2 years, you can buy medicine (over-the-counter) without a prescription that might make your child feel better. Be careful with these medicines and follow the instructions on the package. **But never give aspirin or medicine that has aspirin in it** to children or teenagers who may have the flu.

What if my child seems very sick?

- Call or take your child to a doctor right away if your child:
- has a high fever or fever that lasts a long time
 - has trouble breathing or breathes fast
 - has skin that looks blue
 - is not drinking enough
 - seems confused, will not wake up, does not want to be held, or has seizures (uncontrolled shaking)
 - gets better but then worse again
 - has other conditions (like heart or lung disease, diabetes) that get worse

Can my child go to school if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children.

Should my child go to school if other children are sick?

It is not unusual for some children in school to get sick during the winter months. If many children get sick, it is up to you to decide whether to send your child to school. You might want to check with your doctor, especially if your child has other health problems.

When can my child go back to school after having the flu?

Keep your child home from school until his or her temperature has been normal for 24 hours. Remind your child to cover their mouth when coughing or sneezing, to protect others (you may want to send some tissue and wipes or gels with alcohol in them to school with your child).

An Ounce of Prevention Keeps the Germs Away

Seven Keys to a Safer Healthier Home

*Staying healthy is important to you and your entire family.
Follow these easy, low-cost steps to help stop many
infectious diseases before they happen!*



1



Wash Your Hands Often

Keeping your hands clean is one of the best ways to keep from getting sick and spreading illnesses. Cleaning your hands gets rid of germs you pick up from other people . . . from the surfaces you touch . . . and from the animals you come in contact with.

When to Wash

- Before eating.
- Before, during, and after handling or preparing food.
- After contact with blood or body fluids (like vomit, nasal secretions, or saliva).
- After changing a diaper.
- After you use the bathroom.
- After handling animals, their toys, leashes, or waste.
- After touching something that could be contaminated (such as a trash can, cleaning cloth, drain, or soil).
- Before dressing a wound, giving medicine or inserting contact lenses.
- More often when someone in your home is sick.
- Whenever they look dirty.

How to Wash

- Wet your hands and apply liquid, bar, or powder soap.
- Rub hands together vigorously to make a lather and scrub all surfaces.
- Continue for 20 seconds! It takes that long for the soap and scrubbing action to dislodge and remove stubborn germs. Need a timer? Imagine singing “Happy Birthday” all the way through – twice!
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer.
- If possible, use your paper towel to turn off the faucet.

Remember: *If soap and water are not available, use an alcohol-based wipe or hand gel!*



For more information, visit
www.cdc.gov/cleanhands

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Routinely Clean and Disinfect Surfaces

Cleaning and *disinfecting* are not the same thing. Cleaning removes germs from surfaces – whereas disinfecting actually *destroys* them. Cleaning with soap and water to remove dirt and most of the germs is usually enough. But sometimes, you may want to disinfect for an extra level of protection from germs.

- While surfaces may *look* clean, many infectious germs may be lurking around. In some instances, germs can live on surfaces for hours — and even days.
- Disinfectants are specifically registered with the U.S. Environmental Protection Agency (EPA) and contain ingredients that actually *destroy* bacteria and other germs. Check the product label to make sure it says “Disinfectant” and has an EPA registration number.

Disinfect those areas where there can be large numbers of dangerous germs – and where there is a possibility that these germs could be spread to others.

In the Kitchen:

- Clean and disinfect counters and other surfaces before, during, and after preparing food (especially meat and poultry).
- Follow all directions on the product label, which usually specifies letting the disinfectant stand for a few minutes.
- When cleaning surfaces, don’t let germs hang around on cleaning cloths or towels!

Use:

- Paper towels that can be thrown away
OR
- Cloth towels that are later washed in hot water
OR
- Disposable sanitizing wipes that both clean *and* disinfect.

In the Bathroom:

- Routinely clean and disinfect all surfaces. This is especially important if someone in the house has a **stomach illness**, a **cold**, or the **flu**.



Handle and Prepare Food Safely

When it comes to preventing foodborne illness, there are four simple steps to food safety that you can practice every day. These steps are easy – and they'll help protect you and those around you from harmful foodborne bacteria.



CLEAN: Clean hands and surfaces often

Germs that cause foodborne illness can be spread throughout the kitchen and get onto hands from cutting boards, utensils, counter tops, and food. Help stop the spread of these germs! Here's how:

- Clean your hands with warm water and soap for at least 20 seconds before and after handling food. If soap and water are not available, use an alcohol-based wipe or hand gel.
- Wash your cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before you prepare the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, wash them often using the hot cycle of your washing machine. If using a sponge to clean up, microwave it each evening for 30 seconds or place it in the dishwasher.
- Rinse *all* fresh fruits and vegetables under running tap water. This includes those with skins and rinds that are not eaten. For firm-skin fruits and vegetables, rub with your hands or scrub with a clean vegetable brush while rinsing.



SEPARATE: Don't cross-contaminate one food with another

Cross-contamination occurs when bacteria spread from a food to a surface . . . from a surface to another food . . . or from one food to another. You're helping to prevent cross-contamination when you:

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery cart, grocery bags, and in your refrigerator. Be sure to use the plastic bags available in the meat and produce sections of the supermarket.
- Use one cutting board for fresh produce and a different one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs.
- Don't allow juices from meat, seafood, poultry, or eggs to drip on other foods in the refrigerator. Use containers to keep these foods from touching other foods.
- Never re-use marinades that were used on raw food, unless you bring them to a boil first.



COOK: Cook foods to proper temperatures

Foods are safely cooked when they are heated for a long-enough time and at a high-enough temperature to kill the harmful bacteria that cause foodborne illness. The target temperature is different for different foods.

The only way to know for sure that meat is cooked to a safe temperature is to use a food thermometer. Make sure it reaches the temperature recommended for each specific food.

USDA Recommended Safe Minimum Internal Temperatures

						
Steaks & Roasts 145 °F	Fish 145 °F	Pork 160 °F	Ground Beef 160 °F	Egg Dishes 160 °F	Chicken Breasts 165 °F	Whole Poultry 165 °F



Cooking temperatures are listed at www.fightbac.org/heatitup.cfm and USDA's special Web site at www.isitdoneyet.gov



CHILL: Refrigerate foods promptly

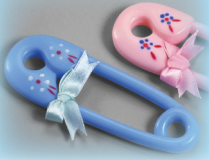
Cold temperatures slow the growth of harmful bacteria. So, refrigerate foods quickly. Do not over-stuff the refrigerator, as cold air must circulate to help keep food safe.

- Keeping a constant refrigerator temperature of 40° F or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the temperature is consistently 40° F or below.
- The freezer temperature should be 0° F or below.
- Plan when you shop: Buy perishable foods such as dairy products, fresh meat and hot cooked foods at the end of your shopping trip. Refrigerate foods as soon as possible to extend their storage life. Don't leave perishable foods out for more than two hours.
- If preparing picnic foods, be sure to include an ice pack to keep cold foods cold.
- Store leftovers properly.



For more information, visit
www.fightbac.org

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Get Immunized

Getting immunizations is easy and low-cost – and most importantly, it saves lives. Make sure you and your children get the shots suggested by your doctor or health care provider at the proper time, and keep records of all immunizations for the whole family. Also, ask your doctor about special programs that provide free shots for your child.

- Children should get their first immunizations before they are 2 months old. They should have additional doses four or more times before their second birthday.
- Adults need tetanus and diphtheria boosters every 10 years. Shots are also often needed for protection from illnesses when traveling to other countries.
- Get your flu shot. The single best way to prevent the flu is to get vaccinated each fall.



For information on immunization, visit www.cdc.gov/nip

To learn about shots needed for travel, visit www.cdc.gov/travel/vaccinat.htm

For more information about the flu, visit www.cdc.gov/flu

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Use Antibiotics Appropriately

Antibiotics are powerful drugs used to treat certain bacterial infections – and they should be taken exactly as prescribed by your health care provider.

- Antibiotics don't work against viruses such as colds or the flu. That means children do not need an antibiotic every time they are sick.
- If you do get sick, antibiotics may not always help. If used inappropriately, they can make bacteria resistant to treatment – thus making illnesses harder to get rid of.

When in doubt, check with your health care provider – and always follow the antibiotic label instructions carefully.



For more information, visit www.cdc.gov/getsmart

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Be Careful With Pets

Pets provide many benefits to people, including comfort and companionship. However, some animals can also pass diseases to humans. Keep these tips in mind to make sure your pet relationship is a happy *and* healthy one.

- Pets should be adopted from an animal shelter or purchased from a reputable pet store or breeder.
- All pets should be routinely cared for by a veterinarian. Follow the immunization schedule that the vet recommends.
- Obey local leash laws.
- Clean litter boxes daily. NOTE: Pregnant women should not clean litter boxes.
- Don't allow children to play where animals go to the bathroom.
- Keep your child's sandbox covered when not in use.



For more information, visit www.cdc.gov/healthypets

About Children and Pets

Babies and children under 5 are more likely to get diseases from animals – so keep these special guidelines in mind.

- Young children should not be allowed to kiss pets or to put their hands or other objects into their mouths after touching animals.
- Wash your child's hands thoroughly with soap and warm running water after contact with animals.
- Be particularly careful when visiting farms, petting zoos, and fairs.

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Avoid Contact With Wild Animals

Wild animals can carry diseases that are harmful to you and your pets — but there are simple precautions you can take to avoid contact with a variety of species.

- Keep your house free of wild animals by not leaving any food around and keeping garbage cans sealed.
- Clear brush, grass, and debris from around house foundations to get rid of possible nesting sites for mice and rodents.
- Be sure to seal any entrance holes you discover on the inside or outside of your home.
- Use insect repellent to prevent ticks. Do a routine “tick check” after spending time outdoors. Ticks should be removed immediately with tweezers by applying gentle, steady pressure until they release their bite.



For more information, visit www.cdc.gov/hantavirus

Wild Animals: What are the Risks?

- Mice and other wild animals can carry deadly diseases like hantavirus and plague.
- Bats, raccoons, skunks, and foxes can transmit rabies.
- Ticks can transmit Rocky Mountain spotted fever and Lyme disease.

Infectious Diseases: The Facts Behind the Urgency

There are many types of germs (viruses, bacteria, parasites, fungi) that cause many types of illnesses – including the common cold or flu, foodborne illness, Lyme disease, hantavirus, or plague. These germs can spread easily from one person to another – and have wide-reaching effects.

- About 10 million U.S. adults (ages 18 - 69) were unable to work during 2002 due to health problems.
- Salmonella infections are responsible for an estimated 1.4 million illnesses each year.
- Infectious diseases cost the U.S. \$120 billion a year.
- More than 160,000 people in the U.S. die yearly from an infectious disease.

Help keep yourself and your family healthy by making the *Seven Keys to a Safer Healthier Home* part of your permanent household routine.

This healthy message is brought to you by:
Centers for Disease Control and Prevention
Coordinating Center for Infectious Diseases,
National Center for Infectious Diseases
in partnership with Reckitt Benckiser Inc.,
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For information about ordering brochures and posters,
please visit www.cdc.gov/ounceofprevention



Child Care Emergency Form

Complete this form for your child care provider.

Parents' names	Mother: _____	Father: _____
Home address	_____	
	Nearest cross street: _____	
Home phone number	_____	
Work addresses	Mother: _____	
	Father: _____	
Work phone numbers	Mother: _____	
	Father: _____	
Doctor	Name: _____	
	Phone number: _____	
Dentist	Name: _____	
	Phone number: _____	
Neighbors/relatives	Name: _____	Phone number: _____
	Name: _____	Phone number: _____
	Name: _____	Phone number: _____
Emergency numbers	Police: _____	
	Fire: _____	
	Poison Control: _____	
Special information	Child: _____	Medical conditions: _____
	Allergies: _____	Medications: _____
	Child: _____	Medical conditions: _____
	Allergies: _____	Medications: _____
	Child: _____	Medical conditions: _____
	Allergies: _____	Medications: _____



Plan for the Unexpected



Even the most organized families and parents encounter surprises and emergencies that throw a monkey wrench into their plans. Baby sitters get sick, keys get lost and you run out of peanut butter just when your 8-year-old agreed to prepare sandwiches for the next day's lunches. The key to dealing with unexpected events is to plan ahead.

- **Know who you can rely on.**
- **Create backup systems.**
- **Train your children to solve problems on their own.**
- **Organize your household so that needed resources and supplies are available and easy to find.**

Keep a Home Information List

Your household should have a list of important names and numbers near the phone. The list should be in large clear print so it's legible for young children and older adults. Make notes about which friends, neighbors and relatives live nearby. Indicate

which ones are available during different times of the day and which have cars. Show children, other adults and baby sitters where the list is posted and ask that they always return it to the same place. The list should include names, addresses and phone numbers for:

- **parents' places of employment.**
- **grandparents, aunts and uncles, cousins and other relatives who can help.**
- **friends and neighbors.**
- **doctors.**
- **veterinarians.**
- **the fire department.**
- **the police department.**
- **poison control.**

Baby Sitter Backups

Make a separate list of backup baby sitters and child care providers. Exchange phone numbers with other parents who have children the same age as yours. Keep the list handy so you don't have to search for it at the last minute.

Brainstorm Potential Problems

Train older children to solve problems without you. Give them alternatives to calling you at work. For example, discuss what they should do if the dog runs away and they're not supposed to leave the house. Ask a trusted neighbor or friend to act as a backup in emergencies. Leave an extra key with the neighbor.

Handle Emergencies Calmly

Real emergencies do occur. If your child calls with a critical situation, stay calm. Get as much information as you can. Then help the child figure out who else to call and what to do.

Keep Essentials on Hand

It may be impossible to keep enough peanut butter in the house at all times. However, you can keep a petty cash fund in a kitchen drawer for your children to use when they run out of essential items. Keep your refrigerator and freezer stocked with quickie meals and easy-to-prepare snacks in case you get caught in traffic and can't make it home in time to make dinner. Make sure your medicine chest or first aid kit includes:

- **cotton**
- **bandages**
- **a thermometer**
- **hydrogen peroxide**
- **burn ointment**
- **antibacterial ointment**
- **adhesive tape**
- **sunscreen**
- **syrup of ipecac**
- **pain relievers for children**
- **a heating pad**



Telephone Seminar Evaluation

Please complete this form and fax it to 1.952.996.2702, or email it to eshcomments@cigna.com

Your company: _____

Seminar date: _____ Company city, state: _____

Presenter: _____ Title of seminar: _____

Please state your agreement/disagreement with the following statement using this scale.

4 Strongly Agree	3 Agree	2 Disagree	1 Strongly Disagree
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1. SEMINAR CONTENT:

- | | | | | |
|--|---|---|---|---|
| a. The information I received was helpful. | 4 | 3 | 2 | 1 |
| b. The seminar met the stated objectives. | 4 | 3 | 2 | 1 |

2. SPEAKER EVALUATION:

- | | | | | |
|---|---|---|---|---|
| a. The speaker presented the information clearly. | 4 | 3 | 2 | 1 |
| b. The speaker responded well to participants. | 4 | 3 | 2 | 1 |
| c. The speaker was knowledgeable on the subject. | 4 | 3 | 2 | 1 |

3. Overall I was satisfied with the seminar presentation. 4 3 2 1

4. What part(s) of the seminar did you like best, and why?

5. What part(s) of the seminar did you like least, and why?