

# COUGHS & SNEEZES Spread Diseases



## 1 COVER YOUR MOUTH & NOSE

when you cough or sneeze – use a tissue or your upper sleeve, NOT your hands!



## 2 WASH YOUR HANDS

for 20 seconds using soap & warm water or use an alcohol-based hand cleaner



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spread diseases!



Two things you can do about FLU

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Use a tissue  
or your  
upper sleeve,  
**NOT**  
your  
hands.



## 2 Wash your hands!

Use soap & warm water  
for 20 seconds  
or  
clean them with  
alcohol-based  
hand cleaner.



## Know Your Symptoms

Colds, flu, pneumonia & meningitis can have similar symptoms. Read below to know what's best to do:



SYMPTOMS	↓ Take care of yourself	↓ Get medical care
<b>Sore throat</b>	<ul style="list-style-type: none"> <li>Scratchy throat</li> <li>Can swallow liquids</li> <li>Minor swelling (glands)</li> </ul>	<ul style="list-style-type: none"> <li>Difficulty swallowing liquids</li> <li>White/yellow spots in throat</li> <li>Increased pain after 3 days</li> </ul>
<b>Fever</b>	Less than 101° F	<ul style="list-style-type: none"> <li>Higher than 101° F for more than 3 days</li> <li>Fluctuates above 101° F several times a day</li> <li>Shaking chills</li> </ul>
<b>Cough</b>	Dry cough	<ul style="list-style-type: none"> <li>Persistent cough</li> <li>Chest pain</li> <li>Wheezing</li> <li>Shortness of breath</li> <li>Foul smelling, brown, bloody phlegm</li> </ul>
<b>Runny nose &amp; sneezing</b>	<ul style="list-style-type: none"> <li>Relatively clear drainage</li> <li>Mild sinus/facial discomfort</li> </ul>	<ul style="list-style-type: none"> <li>Foul smelling, brown, bloody drainage</li> <li>Severe sinus/facial discomfort</li> </ul>
<b>Headache</b>	Mild pain or pain that improves with non-prescription pain reliever (acetaminophen, ibuprofen)	<b>↓ Get medical care IMMEDIATELY</b> <ul style="list-style-type: none"> <li>Blurred vision, dizziness</li> <li>Nausea, vomiting</li> <li>Stiffness in neck or back</li> <li>Mental agitation/confusion</li> <li>Severe headache with fever greater than 101° F &amp; rash anywhere on body</li> </ul>
<b>Body ache</b>	General aches	Persistent abdominal pain
<b>Fatigue</b>	General tiredness	Excessive fatigue
<b>Earache</b>	Stuffy/clogged ears	Pain/discharge from ears

UHS Nurse Advice Line  
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