



Cold and Flu Myths

Myth: Exercising will cure a cold because it will “sweat it out.”

Fact: Exercising to “sweat out” a cold can prolong the cold. Rest is the key to getting rid of a cold.

Myth: Taking Vitamin C tablets will prevent you from getting a cold.

Fact: Vitamin C tablets will not keep you from getting a cold, but they can make the cold less severe.

Myth: Colds can only be caught in the winter.

Fact: Most colds are caught in the Spring and Fall months.



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Emergency Management

GWAY D3P
CHEROKEE NATION®
P.O. Box 948
Tahlequah, OK 74465-0948
918-453-5000
www.cherokee.org

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Emergency Management



Prepare for Cold and
Flu Season



Common Cold Symptoms

- Congestion
- Watery eyes
- Itching nose, throat, or eyes
- Feeling tired
- Fever
- Cough
- Headache
- Symptoms gradually get worse over a few days.

Treatment

- Not all colds require medical attention, but if symptoms persist or get worse you may want to see a doctor.
- Get lots of rest. It will help your body recover more quickly. When you sleep your body is able to fight infections more effectively.
- Drink plenty of fluids such as sports drinks, and water to rehydrate your body and clear



- up congestion.
- Over the counter medicine can help to relieve symptoms. They will not cure your cold but they will help you feel better.
- Prevent colds by washing your hands regularly and staying away from people who are sick.



Flu Symptoms

- Fever/Chills
- Exhaustion
- Aches/Pains
- Congestion
- Headache
- Coughing/Sneezing
- Symptoms usually come on quickly and severely.

Treatment

There isn't a cure for the flu, but you can treat it naturally.

- By enduring a moderate fever for a day or so can help you get better more quickly. A fever makes germ-killing proteins circulate faster and more effectively so that your body can fight the virus quicker.
- Coughing helps to clear your breathing passages of mucus that can carry germs to your lungs or other parts of your body. Even though there may not be a cure you can always take preventative measures to eliminate your risk for catching the flu.
- Know the symptoms and causes of the flu.
- Get the flu shot every year.
- Wash your hands regularly.

