



Flu Fighter Checklist

Be healthy.

- Keep your body strong and healthy – get 7-8 hours of sleep, manage stress, stay active, eat well, manage your weight, and drink plenty of fluids.
- Keep your work area clean and sanitary.
- Cover your cough with a tissue or your arm, not your hand.
- Avoid touching your face – eyes, nose and mouth – to prevent infection.
- Wash your hands regularly with soap and water for 20-30 seconds, especially before you eat and after you cough or use the restroom.
- Be responsible to yourself and your coworkers – stay home when you are sick and communicate clearly with your manager.

Be prepared.

- Know the difference between cold and flu symptoms.
- Take care of yourself and those around you by calling in sick to your manager and staying home when necessary.
- Reserve a portion of your PTO (sick time) or vacation time in case of personal or family illness.
- If you have a company laptop, take it home with you every night and test your company connection regularly.
- Stay informed – listen, read and watch for information.
- Be flexible – your skills may be used in different ways during a crisis.
- Visit medica.com for the latest flu updates.
- For questions about the flu, call the Medica nurse line, 24/7 at 1-800-962-9497

SYMPTOM	COLD	OR FLU
Fever	Rare	Usual; high (100F - 102F)
Headache	Rare	Common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; up to 2-3 weeks
Extreme Exhaustion	Rare	Usual; at beginning
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild-Moderate hacking cough	Common, can be severe
Treatment	Antihistamines, Decongestant, Nonsteroidal anti-inflammatory meds	Antiviral medicines - See your doctor
Prevention	Wash hands often. Avoid close contact with anyone with a cold.	Annual vaccinations; antiviral medicine - see doctor. Wash hands. Avoid contact with anyone with the flu.
Complications	Sinus congestion; Middle ear infection	Bronchitis, Pneumonia; Can be life threatening

Resource: U.S. Department of Health and Human Services