

Ful Season

Sometimes when we don't feel good,
we don't always think straight.
When it comes to self-diagnosing and
treating a cold us a flu,
there are a few things that you need to know.

Signs and Symptoms

Fatigue

Coughing

Sore Throat

Stuffy Nose

Runny Nose

Body Aches

Headaches

Sneezing

Watery Eyes

May last 3-10 days

Symptoms build over 48 hours

Aching Muscles & Joints

Fever / Chills
Exhaustion

Symptoms come

fast and last 7-14

days

Fellenius Land

- avoid touching your
 eyes, nose and mouth
- · wash your hands often and well
- get a sufficient amount of sleep
 - avoid contact with sick people
 - eat healthy
 - exercise