


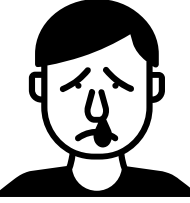






Tsi Kanonhkhwatsheri:yo

Now that we are starting to socialize again, let's review what the **common cold, flu and gastroenteritis** symptoms and management at home looks like.



Address:
45 Meadow Drive
Tyendingaga Mohawk Territory
KOK1X0

Call:
343-478-0196

Symptoms	Common Cold	Flu	Gastroenteritis
 Fever	Rare	Yes	Sometimes
 Stuffy/Runny Nose	Common	Sometimes	No
 Cough	Sometimes	Usually	No
 Headache	Uncommon	Yes	Sometimes
 Chills/Body Aches	Uncommon	Yes	Common
 Fatigue	Uncommon	Yes	Sometimes
 Sore Throat	Common	Sometimes	No
 Vomiting/Diarrhea	No	Uncommon	Usually

Treatment In Home

- Drink plenty of fluids, and small frequent meals
- Use Tylenol (acetaminophen), Advil (ibuprofen) for fever and pain
- Stay home and get plenty of rest.
- Avoid caffeine.
- Hot water bottle or heating pad – apply heat for short periods of time.
- Take a warm bath.
- Gargle with warm salt water or suck on lozenges.
- Use spray or saline drops for a stuffy nose.
- Avoid alcohol and tobacco, and marijuana

When To Seek Medical Attention

- Your symptoms get worse: such as difficulty breathing, or dehydration
- You are in a high-risk group and develop flu symptoms: 65 years or older, immunocompromised etc...
- If your symptoms persist greater than 1-2 weeks
- You are seeking advice re: over-the-counter medication, or other in home treatments

*****Remember if you are having a medical emergency to seek emergency services at your nearest hospital*****

References/Resources

- Algonquin College
<https://www.algonquincollege.com/healthservices/health-promotion/cold-flu/>
- Community Health Toronto
<https://www.toronto.ca/community-people/health-wellness-care/diseases-medications-vaccines/influenza-flu-fact-sheet/>
- Ontario Health
<https://www.ontario.ca/page/flu-facts#section-7>
- Canada Public Health
<https://www.canada.ca/en/public-health/services/diseases/flu-influenza.html>
<https://www.canada.ca/en/public-health/services/food-poisoning/norovirus.html>

