



**SPECIAL  
POINTS OF IN-  
TEREST:**

- What to do
- Check List
- Difference between cold and flu
- How to Treat a Cold
- Chicken Soup

P.O. Box 18667  
Charlotte, NC 28218

800.849.1503  
Fax: 704.331.9663  
Kathy@  
southernbuilder.org

Visit our website  
southernbuilder.org

# Hats ON for Safety

VOLUME 1, ISSUE 11

DECEMBER 2006

## Aaaa choo!

'Tis the season... not just for the holidays, but for colds and flu, too. Do you go to work or call in sick?



"Presenteeism"—going to work when you are sick—is as contagious as the flu. Millions of Americans are doing it. 75% head to work with a cold or other problems. Research shows that people sick with a common cold are not very productive. In fact their lost productivity accounts for up to 60% of employer health costs.

### Check List

1. **Sniffing, stuffy?** No aches or fever—probably allergies, go to work
2. **Sniffing, achy, tired, fever?** You're coming down with a cold or flu and are contagious

So you wake up with a cold or another ailment, what should you do?

There is no antibiotic that can get rid of the common cold or flu. Antibiotics work only on bacterial infections—strep throat, pneumonia, earache, pink eye.

Most reach for over-the-counter antihistamines. **BEWARE**, even "non-sedating" antihistamines can cause sleepiness or mental fogging, keyboard errors, barking at co-workers, generally feeling miserable. Maybe you should have called in sick.

### What to Do?

**Rest** and rest some more.

- in those first days. Get some rest.
3. **Chills, sweats**, you likely have a fever. Stay home, you are contagious. Drink fluids, stay home till you are better.
4. **Cough**, If it's a slight tickle in the throat or post-

**Drink 6-8 glasses** of water each day. Clear liquids, water, juice, Gatorade help keep you hydrated.

**Pain relievers** such as acetaminophen or ibuprofen reduce fever and ease muscle aches. Adults can use aspirin, **DO NOT** use aspirin in children or adults younger than 20.

**Cough Medicine** There are two types, products containing dextromethorphan—suppress the cough; products containing guaifenesin—loosen phlegm.

**Congestion.** Oral decongestants (pseudophedrine) relieve congestion. Nasal sprays are also available, but shouldn't be used for more than three days.

nasal drip, unless you have other symptoms of a cold like aches and fever—go to work it is probably allergies. If the cough feels deep, makes you short of breath or green mucus—see a doctor

5. **Earache** See a doctor.

## What is the Difference Between a Cold and the Flu?

Although both the flu and the common cold are both respiratory illnesses, they are caused by different viruses. Generally, the cold symptoms are much milder than flu,

### Common Cold Symptoms:

- Sore Throat
- Stuffy Nose
- Runny Nose
- Cough
- Mild Fever

The flu often causes higher fever, chills, body ache and fatigue.

## How to Treat a Cold



There is no cure for the common cold. Drink lots of fluids and keep your body hydrated. Chicken soup is comforting plus the steam helps break up nasal congestion. Over the counter cold medicines can offer relief from aches and fever. However, doctors no longer believe in suppressing low grade fever. They help the body fight off infection.

- Decongestants can help make breathing easier.
- Saline nasal sprays can also open breathing passages.
- Cough preparations—not hugely effective. Water and juices probably help the most.
- Gargling with salt water can help relieve a sore throat.

**Chicken Soup** *Things your Grandma never told you about Chicken Soup but should have*



The cold virus is among the world's most prevalent winter-time diseases. Its

symptoms are among the most stubborn to cure. Remedies to treat these symptoms range from antibiotics and antihistamines and analgesics.

### Try a bowl of hot chicken

**soup...**Can a little hot water, onions, celery, carrots and chicken broth truly be a medical treatment for the cold? Let's see...parsley contains chlorophyll (settles an uneasy stomach), carrots and celery are rich in vitamin A (good for eyesight and healthy skin) Poultry meat is rich in the B

vitamins necessary to use oxygen and protein in the body.

### Grandma's Chicken Soup

- 3 quarts water
- 1 whole chicken
- 1 large onion, quartered
- 4 medium celery stalks
- 2 chicken bouillon cubes
- 2 sprigs of parsley (diced)
- 1 teaspoon salt
- 1/2 clove garlic
- 1/2 cup carrots sliced thinly

Place chicken in water. Add onion, bouillon, salt and garlic. Cook till chicken is tender. Turn off heat and remove chicken. Set aside to cool. Strain soup into clean pot. Press onions and celery firmly to get all the flavor when pouring through strainer. Put soup

pot back on stove. Add carrots and cook till tender. Skin and bone chicken, using only the best part of the chicken. Cut chicken into large meaty chunks. Add chicken and parsley to soup. Do not boil after adding chicken, otherwise chicken will become stringy and tough. Serve with boiled rice.

### Remember

- Cover your mouth and nose when you sneeze
- Clean your hands often.
- Stay home when you are sick.



*Some information in this newsletter was taken from [webmd.com](http://webmd.com); [aolsvc.health](http://aolsvc.health); [cdcsafer.healthier.people](http://cdcsafer.healthier.people); [lifeinitaly.com](http://lifeinitaly.com)*