

Flu/Cold?

April



ST ARMANDS KEY LUTHERAN CHURCH

POTTY POST

You're Sick... Now What? First things first... is it a cold or the flu? They share similar symptoms - stuffy nose, sneezing, scratchy throat- but the **flu is more severe with fever and muscle aches.**

If it is the flu:

1. You might start the day okay, but then suddenly, you feel steam rolled. Go home and stay home until you are at least 80% better. **Please do not expose others to your virus whether you have a cold or the flu!**
2. See your doctor for anti-viral meds if you have a fever/flu.
3. Stock up with soft tissues, a thermometer, hand sanitizer and **be prepared to be down for up to 72 hours.**
4. Brew some **green tea**. There are studies to support its healing powers.
5. Drink **plenty of fluids**. You will need in ounces half of what you weigh in pounds. For example, if you are 150 pounds, drink 75 ounces of water per day. A virus-caused fever can be dehydrating and prolong your illness.
6. Get some **chicken soup**; there are studies that support its healing properties. **Stay clear of sugar as it might hinder your immune response—this includes OJ. Eat oranges.**
7. On day three, start stretching and moving. Try a short walk or light work around the house.
8. Though your flu may clear out in 10 days, it will take your body up to two weeks to recover. So RELAX! Enjoy some time reading and watching movies or other quiet activities.

Exercise Classes

Get Fit - Tuesday & Thursday
8:45-9:30am

Theraband - Tuesdays & Thursdays
9:30-10:30 am



Do you know someone in the hospital or are you planning to have surgery or hospitalization?

Any health concerns or questions? Call Tracey Rzepka, Parish Nurse at 388-3764