

# ASTHMA and YOU

Winter 2009

Both the flu and the common cold affect breathing. It can be hard to tell the difference between a cold and the flu by symptoms alone. Signs like fever, body aches, feeling very tired and a dry cough happen more with the flu and are worse. Colds tend to be milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds usually do not lead to serious health problems like pneumonia.

## Ways to Prevent Flu:

### Get a Flu Shot:

- A flu shot is the first and most important step to keep from getting the flu. Talk to your doctor about getting one.
- A new flu shot is made each year.
- The flu shot can keep you from getting the flu or it can help you to get a milder case if you get a different type of flu.
- Getting a flu shot is key for people such as young children, pregnant women, and people with asthma, diabetes, heart or lung disease, and people 65 and older. In these people, the flu can lead to more serious health problems.
- People who live with or care for those at high risk should also get a flu shot.

### Take Everyday Actions:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water for at least twenty seconds.
- Try to avoid close contact with sick people.
- If you get the flu, stay home from work or school and stay away from others to keep from passing it onto them.
- Try not to touch your eyes, nose or mouth. Germs spread this way.

### Breathing Facts:

- Did you know the right lung is slightly larger than the left one.
- The hairs in your nose help clean the air.
- We lose half a liter of water a day exhaling.
- A person breathes 12-15 times a minute.
- Breathing rate in children and women is faster than in men.

*Content Source: Centers For Disease Control and Prevention/[www.cdc.gov](http://www.cdc.gov)*

*<http://www.healthylungs.org/site/breathing-basics/breathing-basics/index.php>*

