

# Positive Pulse Wellness Newsletter

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## IS IT A COLD OR FLU?

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

**We're in cold and flu season. Take steps to prevent the spread of germs.**

If you get sick—

- \* Stay home.
- \* Return to school or work after it's been at least 24 hours since your fever is gone.
- \* Contact your health care provider if you are in a high risk group or are very sick.
- \* Avoid spreading the germs to others.
- \* Check [www.cdc.gov](http://www.cdc.gov) to learn more .

Stop the spread of germs that make you and others sick!

## Cover your Cough



## Clean your Hands





## Cervical Cancer Awareness

Cervical cancer is a disease in which cells in the cervix grow out of control. Cervical cancer is highly preventable and when found early, it is highly treatable and associated with long survival and good quality of life.

### American Cancer Society Screening Recommendations

- Women ages 21-29—Pap test every 3 years
- Women ages 30-65—Co-testing—Pap and HPV test every 5 years OR Pap test every 3 years
- Women ages 65+ who have had regular screenings- No screening needed if no pre-cancers in last 20 years

### Prevention

- The HPV vaccine protects against the HPV that most often causes cancers. It is recommended for both boys and girls aged 11 to 12 years, but can be given from ages 9 to 26.
- Don't smoke.
- Practice safe sex.
- **GET SCREENED.**



## Heart Health

### Reduce Your Risk of Heart Disease

Lower your cholesterol **HIGH CHOLESTEROL**

Get active



Eat healthy



Don't smoke.



Maintain a healthy blood pressure.



Lose weight.



Maintain a healthy blood sugar level.



To learn more:

[www.heart.org](http://www.heart.org)

[www.cdc.gov](http://www.cdc.gov)

[www.myplate.gov](http://www.myplate.gov)

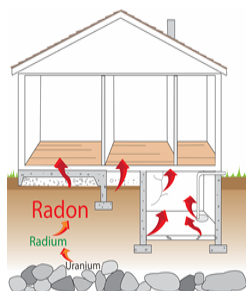
[QuitNow.ne.gov](http://QuitNow.ne.gov)

[www.diabetes.org](http://www.diabetes.org)

## Protect Your Family from Radon

Test your home for radon:

- Radon is a gas that you can't see, smell, or taste—but it can be dangerous. It's the 2nd leading cause of lung cancer in the U.S. One out of 15 homes have high radon levels.
- Radon is in the ground naturally, but can get into homes through cracks in the floors or walls.
- Testing is easy and low-cost—and it could save your life. **Stop by West Central District Health Department for a free radon test kit.**





### Family-Based Interventions

The Community Preventive Services Task Force recommends family-based interventions to increase physical activity. Family-based interventions actively engage families by combining activities with health education to build family support. Physical activity is reinforced by:

- Goal-setting tools and skills to monitor progress, such as a website or app to enter information or simply using a home-made chart to show progress



- Reinforcement of positive health behaviors, such as reward charts, or role modeling of physical activity by parents



- Organized physical activity sessions



**Adults:** At least 150 minutes per week and muscle-strengthening activity 2+ days a week

**Children:** At least 60 minutes of activity per day, including muscle-strengthening activity at least 3 days a week and bone-strengthening activity at least 3 days per week

### Move Your Way

For facts, tips, and recommendations:

<https://health.gov/moveyourway/>