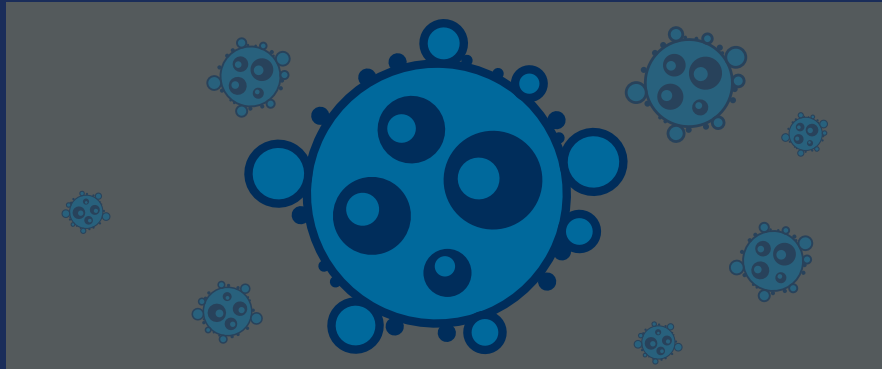




Flu Shots

There is still time to get your flu shot!

To schedule your flu shot with HCPH call 419-668-1652 ext. 241 or contact your doctor's office.



What's Going Around?

Strep Throat

Strep throat is a common type of sore throat in children, but it's not very common in adults. Proper treatment can help you feel better faster and prevent spreading it to others!

Common Symptoms:

- Sore throat, usually starts quickly and can cause severe pain when swallowing
- A fever (101°F or above)
- Red and swollen tonsils, sometimes with white patches or streaks of pus
- Tiny, red spots on the roof of the mouth
- Headache, nausea, or vomiting
- Swollen nodes in the front of the neck
- Sandpaper-like rash

Cold & Flu

A cold is relatively harmless and usually clears up by itself after a period of time, although sometimes it may lead to a secondary infection, such as an ear infection. The flu can also be harmless, but may turn into a more serious illness, such as pneumonia and even death.

Cold vs Flu

Cold	vs	Flu
Low or no fever		High fever
Sometimes a headache		Commonly a headache
Stuffy, runny nose		Sometimes a stuffy nose
Sneezing		Sometimes sneezing
Mild, hacking cough		Cough, may progress
Slight aches and pains		Often severe aches and pains
Mild fatigue		Fatigue, may persist
Sore throat		Sometimes a sore throat
Normal energy level		Exhaustion

Sources:

"Is It Strep Throat?" Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, 19 Oct. 2015. Web.

"Upper Respiratory Infection (URI or Common Cold)." Johns Hopkins Medicine. N.p., n.d. Web.

Wash Your Hands!

The best way to keep from getting sick is to wash your hands often and avoid sharing eating utensils, like forks and cups. If you are sick make sure to wash your hands and cover your mouth when coughing and sneezing to prevent spreading germs.

