

# TRAVELLING WITH COLD AND FLU..... OR NOT THIS HOLIDAY SEASON

**VITAHERB®**  
Natural Relief

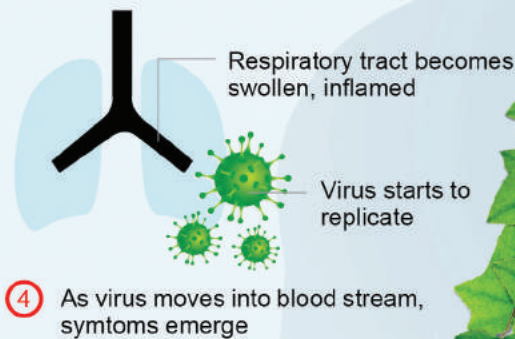
## QUICK FACTS:

### Cold or flu

Flu is often being confused with the common cold give that it has almost similar symptoms, but with a higher degree of severity.

### How the flu infects you

- ① Infected person coughs or sneezes, releasing tiny droplets containing virus into air
- ② Virus enters respiratory tract
- ③ Virus binds to cells, release its genetic information



### The numbers to know

**3,000**

Numbers of droplets released when coughing

**40,000**

Numbers of droplets released when sneezing

**24 HOURS**

The cold and flu viruses can survive up to 24 hours on hard surface

**12 FEET**

Tiny droplets (with supports of air) can travel up to 12 feet from infected person

## PREVENTION TIPS:

### What you can do



Wash, wipe and sanitize hand regularly



Wear a mask if you're sick or surrounded by sick people



Get plenty of rest and sleep



Have a bottle of ivy leaf and pelargonium root syrup / lozenge handy at home or office



Medications started within 48 hours of the onset of the symptoms, see better efficacy

### Common Contamination Hot Spots



Work Desk



Public Wash Basin



Lift Buttons



Escalator Rail



Bottom of handbags / backpacks



Door Knob