

Does my child have a cold or is it the flu?

There are differences and similarities between the common cold and the flu. Below is a list of cold symptoms and flu symptoms.

<u>Symptoms</u>	<u>Cold</u>	<u>Flu</u>
Fever	Rare	Characteristic, high (100-102°F); lasts three to four days
Headache	Rare	Prominent
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Quite mild	Can last up to two to three weeks
Extreme Exhaustion	Never	Early and prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
Complications	Sinus congestion or earache	Bronchitis, pneumonia; can be life-threatening
Prevention	None	Annual vaccination; Symmetrel, Flumadine, or Tamiflu (antiviral drugs)
Treatment	Only temporary relief of symptoms	Symmetrel, Flumadine, Relenza, or Tamiflu within 24-48 hours after onset of symptoms

Important Recommendations for Parents, Students and School Staff:

- Hand washing is the key. Wash hands with soap and water for a minimum of 20 seconds.
- Cover your mouth with a tissue when you cough or sneeze.
- If you cough or sneeze and do not have access to a tissue, use your elbow instead of your hand.
- Avoid shaking hands, kissing, hugging and sharing cups or eating utensils with people who are sick.
- Frequently clean surfaces and items that people are likely to have contact with, such as desks, door knobs, keyboards, or pens with cleaning agents that are usually used in these areas.
- Move sick students, teachers and staff to a separate room if they become sick until they can be sent home.
- Sick students and staff will be sent home and are encouraged to seek early medical evaluation. They need to be fever-free for at least 24 hours without using medication before returning to school.