

IS this a COLD or is it the FLU (influenza)?

Check out the chart below – if you or a family member has symptoms of influenza – contact your healthcare provider, stay home – keep effected family member home from school, use good hand washing with soap and water to help keep from spreading the influenza to others.

If your student has symptoms of influenza, PLEASE notify the school of their symptoms. Stomach upsets are NOT the flu.

Symptoms	Cold	Flu
Fever	Rare	Characteristic, high (100-102 degrees F); lasts 3-4 days
Headache	Rare	Prominent
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Quite mild	Can last up to 2-3 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	Good hygiene	Annual flu shot or FluMist
Treatment	Only temporary relief of symptoms	Antiviral drugs (oseltamivir or zanamavir) within 24-48 hours of onset

***Some people with H1N1 influenza have had diarrhea and vomiting.

Remember the best prevention is HAND WASHING!!!