

Dear Parents,

With the flu season upon us, please review the following symptoms on what symptoms could be caused by the common cold, or what symptoms could be caused by the Flu. Knowing the difference between symptoms of a Cold and the Flu may speed up recovery; as well as prevent the spread of Flu.

If your child exhibits symptoms of the Flu, PLEASE to not send your child to school. Call your doctor and ask, based on symptoms, if your child should be seen to rule out the Flu.

Symptoms	...of a Cold	...of the Flu
Fever	Rare	Usually Present. Higher than 100.
Chills	Mild	Moderate to severe
Body aches, Pains	Slight	Usual; Often severe
Fatigue, Weakness	Fairly mild	Moderate to severe
Runny/stuffy nose	Common	Sometimes
Sneezing	Yes	No
Sore Throat	Common	Not Common
Chest Discomfort	Mild to Moderate	Often Severe
Cough	Hacking, productive (Mucus producing)	Non-productive (non-mucus producing)
Treatment	Antihistamines Decongestants Pain Relievers	Anti-viral medications See your Doctor
Prevention	Wash your hands often with soap & water; Avoid close contact with anyone with a cold	Wash your hands often with soap & water; Annual Vaccination; Antiviral Medications—see your doctor
Complications	Sinus infection, Ear Infection, asthma, bronchitis	Sinus Infection, bronchitis, pneumonia; can worsen chronic conditions; can be life threatening. Complications more likely in the elderly, those with chronic conditions, young children & pregnant women