

# Cold and Flu information

**Is it a Cold or the Flu?** (From Center for Disease Control and Prevention) Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can tell if a person has the flu.

## **Symptoms of Flu versus symptoms of cold**

The symptoms of flu can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). Cold symptoms are usually milder than the symptoms of flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems.

Help us to prevent spreading illness to others in the classrooms, by following the guidelines below. Guidelines for Keeping Sick Children Home from School

- Appearance. Unusually tired, pale, irritable, lack of appetite.
- Fever. The child should remain at home with a fever greater than 100°.
- The child can return to school after he/she has been fever free for 24 hours (without fever reducing medicine such as Tylenol or Motrin).
- Diarrhea/Vomiting. A child with diarrhea or vomiting should stay at home and return to school only after being symptom free for 24 hours.
- Conjunctivitis. Following a diagnosis of conjunctivitis, the child may return to school 24 hours after the first dose of prescribed medication. Rashes. Common infectious diseases with rashes are most contagious in the early stages. A child with a suspicious rash should return to school only after a health care provider has made a diagnosis and authorized the child's return to school.
- Colds. Consider keeping your child at home if he/she is experiencing discomfort from cold symptoms, such as nasal congestion and cough. A continuous green discharge from the nose may be a sign of infection. Consider having the child seen by your health care provider.
- Sore throats that continue beyond 48 hrs, especially when accompanied by a fever or upset stomach should be evaluated by an MD for strep throat.