

Is It a Cold or the Flu?

Symptoms

Fever

Headache

General Aches, Pains

Fatigue, Weakness

Extreme Exhaustion

Stuffy Nose

Sneezing

Sore Throat

Chest Discomfort

Cough

Cold

Rare

Rare

Slight

Quite mild

Never

Common

Usual

Common

Mild to moderate;

Mild to moderate

Sinus congestion or earache

Encourage good hand washing

Flu

Characteristic, high (102–104°F); lasts 3–4 days

Prominent

Usual; often severe

Can last up to 2–3 weeks

Early and prominent

Sometimes

Sometimes

Sometimes

Common

can become severe cough

Bronchitis, pneumonia; can be life-threatening

Annual vaccination; antiviral medicines—see your doctor

Complications

Prevention

In an effort to keep the students at Fowler well, we are promoting prevention of the spread of the cold and flu germs through healthy habits. *Keep your children at home when they are sick. They should be fever free for 24 hours without taking Tylenol or ibuprofen, before returning to school. *Encourage frequent hand washing. This is the best way to keep from getting sick. Wash your hands before you eat, after using the restroom, after touching your face, and after coughing or sneezing into your hands. *Avoid touching your eyes, nose, and mouth. Germs are spread by touching contaminated objects and then they enter our bodies through these portals. *Cover your nose and mouth when you cough or sneeze and sneeze into your upper sleeve. *Get plenty of rest and eat a well balanced diet. *Hand sanitizers have been installed in all of the classrooms for the students to use as needed to help stop the transmission of germs. Check with your child's doctor about getting the flu vaccine. This will not prevent all illnesses, but will help with your child's immunity.