

From the



Is it a cold or the flu?

Influenza (flu) and the common cold are both contagious respiratory illnesses, but they are caused by different viruses. Flu is caused by influenza viruses only, whereas the common cold can be caused by a number of different viruses. Because flu and the common cold have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, flu is worse than the common cold, and symptoms are typically more intense and begin more abruptly. Colds are usually milder than flu. People with colds are more likely to have a runny or stuffy nose than people who have flu.

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.

It can be hard to know when to send children to school if they tell you that they do not feel well. Usually, the best place for them is in school, but there are some times when keeping them home to rest or call for an appointment with your health care provider is recommended.

Please keep your child home and/or contact your child's doctor for:

- Fever greater than 100.4° (taken by mouth)
- Vomiting and/or diarrhea within the last 24 hours
- Severe sore throat along with fever and feeling ill for more than 48 hours, or after exposure to Strep throat infection

- Honey-crusted sores around the nose or mouth or rash on other body parts
- Large amounts of mucous (liquid) from their nose, with face pain or headache
- Severe ear pain or fluid coming from the ear
- Severe headache, especially with fever

If your child has a fever, it is not a good idea to give them medicine like Tylenol or Advil and send them to school because as soon as the medicine wears off, the fever may return and you will be called to come and pick up your child.

Please keep children home for 24 hours after the fever ends or they have completed 24 hours of medication if prescribed by your health care provider.

If you find your child is frequently asking to stay home from school, if they are falling behind or appear anxious about school, or if there does not appear to be any physical symptoms, contact your school nurse and your health care provider to discuss your concerns.

Remind children to throw away used tissues, cover their mouths when they cough or sneeze, keep their hands away from their face, and to wash hands often with soap and warm water will help keep everyone healthier.

Please call us with any concerns or questions. 716-278-7900 Ext 3

Andrea Greig, RN