

IS IT A COLD OR THE FLU?

Check your symptoms and ask your doctor for advice.
Remember, a **FLU SHOT** is your best protection against the flu.

Symptoms	Cold	Flu
Fever	Rare in adults and older children, but can be as high as 102° F in infants and children	Usually 102° F, but can be up to 104°
Headache	Rare	Sudden onset and can be severe
Muscle aches	Mild	Usual and often severe
Tiredness and weakness	Mild	Can last 2 or more weeks
Extreme exhaustion	Never	Sudden onset and can be severe
Runny nose	Often	Sometimes
Sneezing	Often	Sometimes
Sore throat	Often	Sometimes
Cough	Mild hacking cough	Usual and can become severe

www.cdc.gov/nip/flu

Things to keep in mind for school-age children

- Do NOT give aspirin to child or teenager who has the flu (Refer to Section 3, Reyes Syndrome)
- Most antihistamines cause sleepiness. If a child still has a stuffy nose when she returns to school, parents may want to ask their child's doctor to prescribe a non-sedating antihistamine.
- Encourage children to cover coughs and sneezes, wash hands frequently, and keep hands away from eyes, nose and mouth.
- A sick child is advised to stay at home during the first days of illness when symptoms are most severe and infection is most contagious. Children can return to school when symptoms are improving and no fever has been detected for 24 hours without the use of fever reducing medication.

General things to keep in mind for schools

- Any employee, student, teacher, or staff suspected of having the flu should not attend school.
- Wash hands several times a day using soap and warm water for 15-20 seconds. (singing happy birthday twice is generally the recommended time) Teach young children and remind all ages to wash their hands.
- The flu can be spread from coughs or sneezes. Teach all ages to cover their mouth when coughing or sneezing. Tissues should be thrown away immediately. Hand sanitizer can be used in the classroom to avoid disruptions.
- Schools may be asked or required to report flu absences to their local health department or their individual Catholic Schools offices for tracking. Reporting outbreaks assist in disease surveillance and understanding the impact on the community.
- Staff and students, especially those with medical conditions should get the flu shot.
- Closure of individual schools in the event of an outbreak has not proven to be an effective way of stopping the flu, but the decision would be made by the principal and superintendent. Unless the local health authorities deem school closure necessary.
- In school, clean commonly used surfaces, such as door handles, tables for eating and desk with disinfectant. (Bleach solutions or commercial disinfectants are appropriate.)