

Dear Parents,

During the winter months we see more cold and flu symptoms. This season is no different. Influenza-like illness is at a high level of activity right now and is widespread through our communities, state and nation. Here is some information to help you know the difference between cold and flu symptoms, and what you can do to protect yourself and your family.

Is it a cold or the flu?

Cold

- stuffy nose
- sneezing
- occasional low-grade fever
- sore throat
- mild cough
- can lead to sinus congestion and/or earache

Seasonal Influenza

- Fever (over 102 for 3-4 days)
- fatigue (lasting up to 2-3 weeks)
- headache is frequently present
- general body aches and pains
- cough is common (can be severe) and can lead to bronchitis and pneumonia

How to Decrease Cold and Flu Symptoms:

- Get the seasonal flu vaccine.** Contact your health care provider or the local health department to schedule an appointment. It is not too late to be vaccinated against the flu.
- Frequent and thorough handwashing.**
- Stay home when you are sick**
- Cover your mouth when you cough or sneeze**

The following links from the Centers for Disease Control and Prevention and the American Academy of Pediatrics provide great information to help you have accurate information regarding protecting your family from influenza.

<https://www.cdc.gov/flu/pdf/freeresources/family/flu-guide-for-parents-2018.pdf>

https://www.cdc.gov/flu/pdf/freeresources/spanish/flu_guide_parents_flyer_sp.pdf

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/The-Flu.aspx>

If you develop flu like symptoms, please see your health care provider within 48 hours of onset of symptoms. Antiviral drugs can be taken to reduce the symptoms of the flu, and are most effective if taken within 24-48 hours of the onset of symptoms.

Please contact your health care provider if you have any questions regarding your child's health.

Claudia Streuper, MSN, RN
School Nurse Supervisor, Weber School District