

## **HAS School Nurse information Flu Season**

As we all know, we are in the midst of flu season: There are some differences between cold and Flu

<b>Cold</b>	<b>Flu</b>
<ul style="list-style-type: none"><li>• No fever</li><li>• Gradual symptoms</li><li>• Light aches and pains</li><li>• A little more tired than usual</li><li>• Stuffy nose</li><li>• Sneezing</li><li>• Sore throat common</li><li>• Cough is dry</li></ul>	high fever sudden symptoms severe aches and pains headache completely exhausted stuffy nose sometimes sore throat sometimes cough is moist

### **In order to prevent the spread of colds and Flu,**

- Cover coughs and sneezing

Use tissues-not your hands-to cover coughs and sneezing. If no tissues are available, cough into your arm to cover your mouth.

- Wash your hands frequently
- Protect and strengthen your immune system. Have plenty of rest, exercise and eat a variety of foods including fruits and vegetables
- Keep children home when they are sick
- Clean commonly shared areas (for example, Toys, remote controls, door knobs).

Some tools that may be of assist during flu season for your families are below.

<http://kidshealth.org/en/parents/flu-vs-cold.html>

<https://www.youtube.com/watch?v=2PZLc6Ys1fQ>

[http://patientsafety.pa.gov/pst/Pages/Influenza/influenza\\_patients.aspx](http://patientsafety.pa.gov/pst/Pages/Influenza/influenza_patients.aspx)

If you are unsure of whether your child has the flu or a cold, please do not send your child to school. Consult your pediatrician.

We must all work together to maintain a healthy environment for our students and staff.

If you have any questions, please do not hesitate to call the nurse office.  
(908)709-6242.