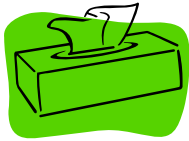




Owensboro Catholic Schools

Flu vs. Cold: Symptoms



It's that time of year again...time for coughs, colds, sore throats, and fevers. How do you know if these symptoms are just a cold, or something more severe, like the flu? Typically, the flu (also known as influenza) has symptoms that may make your child feel worse than symptoms associated with a common cold. It is not always easy to tell the difference between the two. Below is a guide to help you to figure out the difference.

	Flu	Cold
Onset of illness?	Sudden	Slow
Fever?	High	Mild or None
Exhaustion Level?	Severe	Mild
Headache?	Yes	No
Appetite?	Decreased	Normal
Muscle Aches?	Yes	No
Chills?	Yes	No

Don't be too quick to brush off your child's symptoms as "just another cold." Flu symptoms can vary from one person to another, & they can change as the illness progresses. Other bacterial infections, such as strep throat or pneumonia, can also look like the flu or a cold.

It's important to seek medical attention immediately if your child seems to be getting worse, is having trouble breathing, has a high fever, has a bad headache, has a sore throat, or seems confused. While even healthy kids can have complications of these common illnesses, kids with certain medical conditions are at more of a risk. To help determine what illness your child has, and if your child will need medication to overcome the illness, contact your child's health care provider.



Remember...frequent hand-washing with warm soap & water or use of an alcohol based hand sanitizing gel, is the #1 way to prevent the spread of germs & disease!