

NEWS FROM THE NURSES

Please remember to dress your children appropriately for the weather!!! Influenza has arrived in Bergen County...the good news is that there is plenty of vaccine available.

How can someone tell the difference between the cold and the flu?

As stated previously, sometimes it's difficult, especially in the early stages of infection, to tell the difference between a cold and the flu. However, there are some symptoms, if present, that may help distinguish between colds and the flu. They are summarized in the chart below.

Chart Comparing Cold vs. Flu Symptoms and Signs

Symptoms	Cold	Flu
Fever (and/or chills)	Rare	Mild to high
Body/muscle aches and pains	Occasionally, mild	Usually moderate to severe
Headache	Unusual	Usually moderate to severe
Cough	Mild to moderate	Moderate to severe
Fatigue/weakness	Mild to moderate	Usually moderate to severe
Sore throat	Usually	Usually
Runny and/or stuffy nose	Usually	On occasion
Sneezing	Usually	On occasion
Vomiting/diarrhea	Rare	Occasionally
Abrupt onset of symptoms	Gradual onset	Sometimes within three to six hours
Severity of symptoms	Mild	Moderate to severe



Home / Health Topics / Search Health Topics / Difference Between Influenza (Flu) and a Cold

Difference Between Influenza (Flu) and a Cold

Topic Overview

Influenza (flu) and the common cold are both types of upper respiratory infections (URIs). Both are caused by viruses. But the flu is not the same as the common cold.

Flu symptoms

Flu symptoms are usually much worse than a cold. The flu usually comes on suddenly and lasts longer.

Symptoms may include:

- Fever.
- Cough.
- Shaking chills.
- Body aches.
- Headache.
- Feeling very tired.

The symptoms usually are the worst for the first 3 or 4 days. In most healthy people, the flu will go away in 7 to 10 days. But it can take 1 to 2 weeks to get completely better.

The flu usually occurs during the late fall and winter.

Cold symptoms

Cold symptoms usually come on over the course of a couple of days.

Symptoms may include:

- Runny nose and sneezing.
- Sore throat and cough.
- Headache.
- Body aches.

Colds usually last 1 to 2 weeks. As the cold gets worse, your nose may get stuffy with thicker mucus.



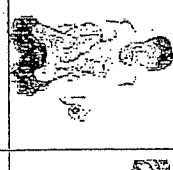
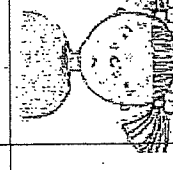
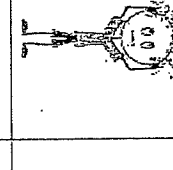
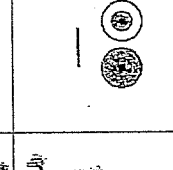
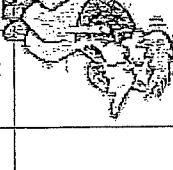
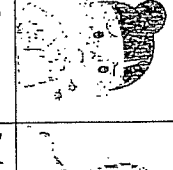
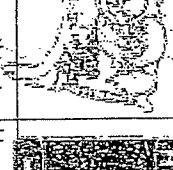
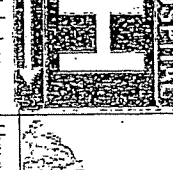

You can catch a cold at any time of year, but they are more common in late winter and early spring.

Adaptation Date: 2/20/2019

Adapted By: HealthLink BC

Guidelines for Keeping Sick Children Home from School

Please keep me home if...

<p>I have a fever</p> 	<p>I am vomiting</p> 	<p>I have diarrhea</p> 	<p>I have a rash</p> 	<p>I have head lice/nits</p> 	<p>I have an eye infection</p> 	<p>I am congested and/or have a thick constant runny nose</p> 	<p>I have a sore throat</p> 	<p>I have been diagnosed with strep throat or scarlet fever</p> 	<p>I have been in the hospital</p> 	<p>I am just not feeling very good</p> 
<p>Temperature of 100° F, sore throat, rash, vomiting, diarrhea, earache, or not feeling well</p>			<p>Body rash with itching or fever</p>	<p>Itchy scalp</p>	<p>White part of eye is pink and/or pus draining from eye</p>	<p>Uncomfortable stuffed up feeling and/or runny nose</p>	<p>With fever or swollen glands</p>	<p>Red sore throat with patches on tonsils, swollen glands, fever and/or rash</p>	<p>Hospital stay and/or emergency room visit</p>	<p>Unusually tired and/or pale Lack of appetite, confused, and/or cranky</p>

To Return to school I need to:

Consult physician Consult physician

<p>Be fever free without assistance of medication for 24 hrs (i.e Tylenol, Motrin, Advil)</p>	<p>Be free from vomiting for 24 hrs</p>	<p>Be free from diarrhea for 24 hrs</p>	<p>Bring a doctor's note permitting me to return to school</p>	<p>Be treated then brought to the school nurse by my parent/guardian</p>	<p>Have clear eyes that are not draining. To have completed 24 hrs of treatment</p>	<p>Be fever free without assistance of medication for 24 hrs (i.e Tylenol, Motrin, Advil)</p>	<p>Be fever free without assistance of medication for 24 hrs (i.e Tylenol, Motrin, Advil)</p>	<p>Be fever free without assistance of medication for 24 hrs To have completed 24 hrs of treatment. Bring a Dr. note to return to school.</p>	<p>A copy of discharge instructions and/or Dr.'s note permitting me to return to class that includes any special instructions, (Modifications to daily program and period of time)</p>	<p>To be feeling better and acting like I normally do</p>
---	---	---	--	--	---	---	---	---	--	---

If a child shows any of the above signs of illness at school, it will be necessary to pick them up at school. Please keep all emergency contact information up to date

If a child should become ill or injured at school I need to be able to contact you: