



FROM THE DESK OF JOYCE LANGAN CSN  
 SELOVER SCHOOL 732-525-5228  
 November 20, 2006

GOBBLE, GOBBLE, GOBBLE UP, THE COLD AND FLU SEASON!

The holiday season is almost upon us, BUT the flu and cold season is here.

Your child is sent home from school with a sore throat, cough, and high fever – could it be the flu that has been going around? Or is it just a common cold?

To help determine whether your child is fighting the flu or combating a cold, answer these questions about your child’s symptoms.

**Flu vs. Colds: A guide to Symptoms**

<b>Questions to ask concerning...</b>	<b>Flu</b>	<b>Cold</b>
Was your child’s onset of illness...	sudden	slow
Does your child have a...	high fever	no (or mild) fever
Is your child’s exhaustion level...	severe	mild
Is your child’s cough...	dry	severe or hacking
Is your child’s throat...	fine	sore
Is your child’s head...	achy	headache-free
Is your child’s appetite...	decreased	normal
Are your child’s muscles...	achy	fine
Does your child have...	chills	no chills

If most of your answers fell into the first category, chances are that your child has the flu. If your answers usually belonged in the second category, it is most likely a cold. But do not be too quick to brush off your child’s illness as just another cold. The important thing to remember is that flu symptoms can vary from child to child (and they can change as the illness Progresses), so if you suspect the flu, call your child’s doctor.

If caught within the first 48 hours of the onset of symptoms, your child’s flu may respond to an antiviral medicine, which can shorten the course of your child’s infection by 1 or 2 days. In the meantime, take care of your child by offering plenty of fluids and extra comfort.

Let me offer you all a wonderful, happy and healthy Thanksgiving Holiday.