

Tis the season for Cold & Flu Season

Almost one billion people catch a cold and more than 200,000 people catch the flu every year in the **United States**. However, there are some steps you can take to keep you and your family healthy during cold and flu season. **The best ways to prevent illness is to:**

- Get a flu shot.
- Wash your hands frequently.
- Avoid touching your nose and eyes.
- Do not share utensils or towels at home.
- Stay home when you are ill

The common cold and flu are respiratory illnesses caused by different viruses. The common cold produces mild symptoms usually lasting only 5-10 days. **Symptoms of a cold include:**

- Runny nose
- Sneezing
- Nasal and sinus blockage
- Headache
- Sore throat
- Cough

Sometimes it is difficult to tell the difference between a cold and the flu by symptoms alone but in general the flu is worse than the common cold. **Symptoms of flu include:**

- Fever
- Body aches
- Extreme tiredness
- Dry cough

- Chills
- Sweating
- Muscle and body aches
- Nausea and/or vomiting
- High fever (greater than 102°F)

Please remember if your child has any of the above symptoms **please keep them Home** to prevent other children from becoming ill. When your child does need to go home from school, please try to pick them up **as soon as possible** to avoid the spread of further infection.