

Is it just a cold or the flu?

Often times, it may be difficult to tell the difference. Symptoms can be very similar, but in general, the flu makes you feel worse. And the flu is more likely to result in more serious health problems such as pneumonia, bacterial infections, or hospitalizations. <http://www.fraserhealth.ca/>

Cold Symptoms	Flu Symptoms
Nasal Congestion or Runny Nose	Extreme Body Aches
Sore Throat	Fatigue / Malaise
Watery Eyes	Dry Cough
Headache	Fever and / or chills
Coughing	Headache (moderate to severe)
Sneezing	Sore Throat
	Vomiting and / or Diarrhea (this symptom is more common in children)

The common cold may last 14 – 21 days before symptoms completely disappear. You should seek an evaluation from your healthcare provider if you have a fever of 38°C or higher or if symptoms are persistent or severe. You can learn more about these facts at <http://www.fraserhealth.ca/>

Children Returning to School After an Illness

As a parent or guardian, it can often at times be difficult to determine if a student should miss a day of school due to illness. But it's important to keep in mind; your decision will impact not only your child, but other students at school as well. Here are some basic guidelines to keep in mind when making your decision.

- Your child should be fever free for 24 hours without the use of fever-reducing medications before they return to school.
- Your child is experiencing vomiting or diarrhea; they should be free of any of these symptoms for 24 hours before they return.
- Any student exhibiting excessive cold symptoms should also be kept at home despite the absence of fever. Frequent coughing and copious nasal drainage are a distractor to your child being able to learn and increases the incident of spreading illness.
- Students with purulent eye drainage should also be kept home. The parent or guardian should contact the health care provider for further advice.