

Flu 2018

Initially, the flu may be shrugged off as just a common cold due to similar symptoms—such as a runny nose, sinus congestion, sneezing, and sore muscles and throat. The prime differentiator between cold vs. flu is that similar symptoms will come on and worsen gradually with a cold, compared to a flu which hits suddenly and hard with the following usual symptoms:

- Fever - The initial sign that you have the flu, and not just a routine cold, will be a high fever that soars between 102- and 106-degrees Fahrenheit (or 38-degrees Celsius). Typically, children's fevers will be higher than adult fevers and can last 3 to 4 days before breaking.
- Breathing Difficulty - Congestion and stubborn coughing will often cause chest tightness, constricted nasal passages, and as a result restricted breathing that can become labored. The flu can also make existing asthma or breathing issues worse.
- Chills - Periodic cold chills caused by sweating (particularly night sweats) as your fever comes and goes.
- Headache - Headache, or more commonly, nasal and sinus pain, due to congestion is very typical with the flu, which will worsen before it gets better.
- Achy Muscles - Aching muscles all over the body is very typical as the flu comes on.
- Cough - Chest congestion that starts with a loose, hacking cough and develops into a persistent, dry cough.
- Nasal Congestion - Sinus and nasal congestion is common with the flu and a common cold. With the flu, these can develop into bronchitis, pneumonia, or a sinus infection more frequently.
- Fatigue - Weakness that drains and completely exhausts you is common with the flu.
- Sore Throat - The most common symptoms of the flu is a sore throat, which can be described as burning or scratchy.

If your child has the flu, they need to remain at home for at least until 24 hours after the fever is gone without the use of fever reducing medication like Tylenol®. Also your child must be able to fully participate in school activities.

If you do get the flu, here are some helpful things to do:

- Stay home and come in contact with as few people as possible.
- Wash your hands frequently to prevent the spread of germs.
- Do not share towels, clothing, etc. to help prevent the spread of the virus to others.
- When able drink liquids frequently to prevent dehydration.
- Eat bland foods when tolerated.
- Use over-the counter-medications as indicated.

Call your doctor if:

- You have an high fever above 103 F degrees.
- Your fever lasts for longer than 3 days.
- You are finding it harder and harder to breathe.
- Wheezing develops.
- New pain develops or pain localizes to one area, such as an ear, the throat, the chest, or the sinuses.
- Symptoms do not go away, even with home treatment.
- Symptoms become more severe or frequent.

If you are in doubt concerning what to do, call your physician.

Primary Day School takes the health of your child seriously and we will do everything that we can to ensure they stay healthy while at school. If you have any questions, please contact Lois Hendrickson, School Nurse. l.hendrickson@theprimarydayschool.org or 301 365-4355 ext. 142.