



HEALTH OFFICE TIPS FOR THE WINTER

Cold or Flu?

Cold	Symptom	Flu (Influenza)
Rare, Mild (less than 100°)	Fever	Almost Always High (Greater than 100°)
Rare	Headache	Common
Slight	General Aches & Pains	Usual/Often Severe
Gradual over a Few Days	Onset	Rapid Onset
Common	Stuffy Nose	Rare
Common	Runny Nose	Common
Common	Sore Throat	Sometimes
Mild to Moderate	Cough	Common – Can be Severe (Dry)

The winter is time for cold or flu. A cold is caused by viruses and there is no real cure. However getting rest and vitamin C is always helpful in beating a cold. In addition there are over the counter medications that can be taken to help make you or your child comfortable until the cold subsides. On the other hand, the flu is more specific and has serious respiratory complications. This is a contagious disease and can spread through coughing, sneezing and nasal secretions. It is imperative that hand-washing be a common practice during this season and throughout life.

We are experiencing extremely cold weather and to combat against sickness please look at the following preventive measures that can be practiced to help make your winter more bearable.

1. Get at least 8 hours of sleep
2. Eat Breakfast
3. Dress warmly (i.e. hat, scarf, gloves and layers of clothing for warmth)
4. Wash hands throughout the day
5. Blow your nose
6. Cough in your elbow
7. If you have asthma make sure your inhaler or nebulizer medication is up-to-date

FLU SEASON: Understanding the Flu

You may think that influenza (flu) is just a slightly worse version of the common cold, but the flu is a specific and serious respiratory “disease.” The flu and its complications can cost you time away from work. In severe cases, flu may cause hospitalization and may even lead to death.

The flu is a contagious disease and spreads through coughing, sneezing and nasal secretions. Anyone can get the flu, but rates of infection are highest amongst children and the elderly.

Preventive Measures: The Center For Disease Control for Prevention (CDC) recommends getting the flu vaccine



A doctor can prescribe medication to treat the flu and its complications. These medicines may come in the form of pills, liquid or inhalers (breathed in). In order for the medicine to work fast you must get it within the first two days of getting sick.

PLEASE NOTE: Students are not sent outside with a “feels like” temperature of less than 32 degrees. Any temperatures less than 32 degrees put students at risk.