

Is it a coldor the FLU?

Respiratory FLU season usually begins around January in the schools. You can avoid severe symptoms, or even getting the flu altogether by getting a flu shot in October or November.

COLD Symptoms

VS

FLU Symptoms

Sneezing and congestion

Muscle aches

Hacking coughing

Temperature over 102 degrees

Runny nose

Dry cough

Sore throat

Yellow or green phlegm

Low fever possible

Bad headaches

Excessive sleeping

Students with a temperature of 100 degrees or more will not be allowed at school.

Only a doctor can diagnose the flu.

Antiviral medications are only available through your doctor.

To be effective, antiviral medications must be started within the first 48 hours of flu symptoms.

The flu is a virus, so antibiotics are not effective.

Please bring a doctor's statement to return to school.