

# It's Flu Season!

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HOME OF THE PANTHERS

**SPECIAL POINTS OF INTEREST:**

- About the Flu
- Flu Symptoms
- Cold vs Flu

Wash Your Hands!



Cover your nose and mouth when coughing



## ABOUT THE FLU

The flu is a contagious virus that is spread from one person to another through tiny droplets that are released into the air when a person infected with the flu coughs or sneezes.

Most healthy adults can infect others one day before they begin experiencing symptoms and up to five days after they become sick. That means you can pass on the flu to someone else before you know you are sick, as well as while you are sick.

A typical case of the flu can last up to one week.

The flu can be a serious illness, particularly for mature popula-

tions aged 50 and older, and those with chronic illnesses such as diabetes, heart disease, and asthma.

We have had many students and



Is this teacher sick?

Or

Is this teacher just sick & tired?

teachers ill with the flu. Everyone who has the symptoms of flu should stay home from school or work until all fever is gone.

### FLU SYMPTOMS

Fever (higher than 100 degrees)

Chills

Headache

Extreme tiredness

Dry Cough

Muscle Aches

Stomach symptoms (like nausea and vomiting)

Chest discomfort

Sudden Onset

## Cold vs Flu: How can you tell?

### Cold

- Fever:** Fever is rare with a cold
- Coughing:** A hacking, productive cough is often present with a cold
- Aches:** Slight body aches and pains can be part of a cold
- Stuffy Nose:** Commonly present with a cold
- Chills:** Uncommon with a cold
- Sneezing:** Commonly present with a cold
- Sore Throat:** Commonly present with a cold
- Sudden Symptoms:** Cold symptoms tend to develop over a few days

### Flu

- Fever:** 100 degrees or higher for 3-4 days
- Cough:** A non-productive cough is usually present with the flu (dry cough)
- Aches:** Severe aches & pains are common
- Stuffy Nose:** Not commonly present with flu
- Chills:** 60% of people with flu have chills
- Sneezing:** Not common with the flu
- Sore Throat:** Not commonly present with flu
- Sudden Symptoms:** Rapid, sudden onset