

## Cold and Flu Season

Cold and flu season is here! The best way to protect children from getting the flu is to get them vaccinated. Children need to be vaccinated every flu season. Most flu activity peaks between December and March.

**What is the difference between a cold and the flu?**

| Symptoms                    | Cold             | Flu                   |
|-----------------------------|------------------|-----------------------|
| <b>Fever</b>                | Rare             | 102-104, Sudden Onset |
| <b>Headache</b>             | Rare             | Prominent             |
| <b>Aches and Pains</b>      | Slight           | Usual, Often Severe   |
| <b>Fatigue and Weakness</b> | Quite Mild       | Extreme               |
| <b>Prostration</b>          | Never            | Early and Prominent   |
| <b>Runny, Stuffy Nose</b>   | Common           | Sometimes             |
| <b>Sneezing</b>             | Usual            | Sometimes             |
| <b>Sore Throat</b>          | Common           | Sometimes             |
| <b>Chest Discomfort</b>     | Mild to Moderate | Common, Severe        |
| <b>Cough</b>                | Hacking Cough    | Rare                  |

## Hand Washing

Hand washing is an important part of staying healthy. Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community-from your home and workplace to schools and hospitals.

Follow these five steps every time:

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.

**[Click here for more about hand washing from the CDC](#)**

**This information is for educational purposes. If you have any questions about your child's health please call your pediatrician or school nurse for guidance.**