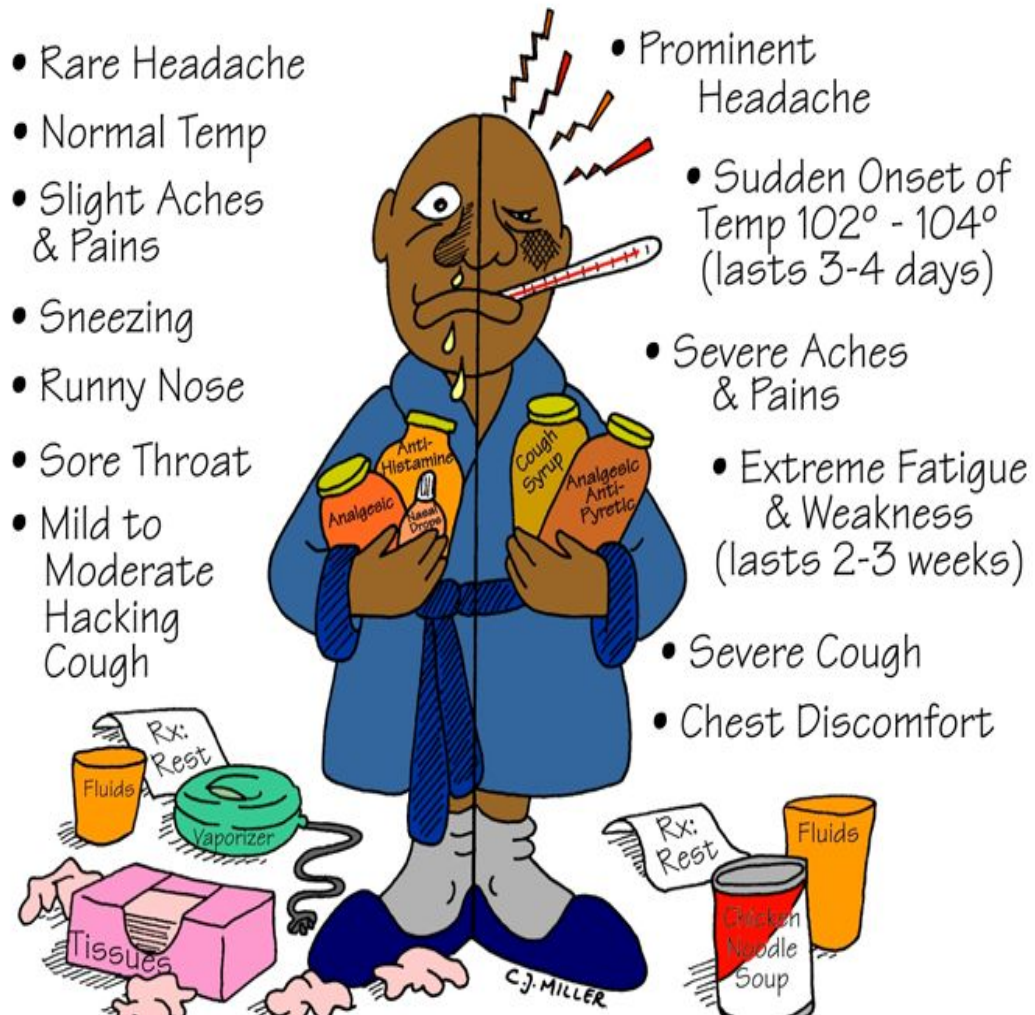


IS IT A COLD OR THE FLU?



- Rare Headache
- Normal Temp
- Slight Aches & Pains
- Sneezing
- Runny Nose
- Sore Throat
- Mild to Moderate Hacking Cough

- Prominent Headache
- Sudden Onset of Temp 102° - 104° (lasts 3-4 days)
- Severe Aches & Pains
- Extreme Fatigue & Weakness (lasts 2-3 weeks)
- Severe Cough
- Chest Discomfort

Please take note as Influenza (respiratory flu) season begins to hit. Use good handwashing all the time and be mindful of others:

- Stay home from **ALL** activities if you have a fever or have had a fever within 24 hours.
- Allow rest and fluids
- See your Doctor if symptoms of the Flu get worse
- Be mindful of infants, elderly, and those who are immunocompromised (cancer patients, etc...)

If you have any questions or concerns, please give me a call. Thank you for your help with keeping our kids healthy and safe!

Elizabeth Sheldon, RN

785-531-2718