

Cold, Influenza or Gastroenteritis?

<u>Symptom</u>	<u>Cold</u>	<u>Influenza (seasonal flu)</u>	<u>Gastroenteritis (stomach flu)</u>
FEVER	Fever is rare with a cold.	High Fever is common with the seasonal flu (usually 102F and higher)	Low-grade fever is common (usually 99.1-102F)
COUGHING	A hacking, productive (mucus-producing) cough is often present with a cold.	A dry and hacking cough is often present with the seasonal flu.	Not common with gastroenteritis
ACHES	Slight body aches and pains can be part of a cold.	Moderate body aches are common with the seasonal flu.	Abdominal cramps are common, occasional muscle aches
STUFFY NOSE	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	A runny nose is commonly present with the seasonal flu.	Not common with gastroenteritis
CHILLS	Chills are uncommon with a cold.	Chills are mild to moderate with the seasonal flu.	Not common with gastroenteritis
TIREDFNESS	Tiredness is fairly mild with a cold.	Tiredness is moderate and more likely referred to as a lack of energy with the seasonal flu	Tiredness is moderate.
SNEEZING	Sneezing is commonly present with a cold	Sneezing is common present with the seasonal flu.	Not common with gastroenteritis.
SUDDEN SYMPTOMS	Cold symptoms tend to develop over a few days .	Symptoms tend to develop over a few days and include flushed face, loss of appetite, and/or dizziness. Symptoms usually last 4-7 days, depending on the individual.	May appear within one to three days after infected and can range from mild to severe. Symptoms usually last 1-2 days, but may persist as long as 10 days.
HEADACHE	A headache is fairly uncommon with a cold.	A headache is fairly common with the seasonal flu.	Occasional headache
SORE THROAT	Sore throat is commonly present with a cold.	Sore throat is commonly present with the seasonal flu	Sore throat is rare with gastroenteritis
CHEST DISCOMFORT	Chest discomfort is mild to moderate with a cold.	Chest discomfort is moderate with the seasonal flu. <u>If it turns severe seek medical attention immediately!</u>	Chest discomfort is rare with gastroenteritis.
DIARRHEA	Uncommon with a cold	Not common, more common with children than with adults	Watery, usually non-bloody diarrhea is very common with gastroenteritis
NAUSEA AND VOMITING	Uncommon with a cold	Not common, more common with children than with adults	Nausea, vomiting or both

Prevention Tips:

- Cough and sneeze into your elbow
- Wash hands with soap and warm water for a minimum of 15-20 seconds. Sing your ABCs or Happy Birthday
- Use hand sanitizer when soap and water are not available
- Avoid touching eyes, nose or mouth without washing or using hand sanitizer first
- Keep students home if not feeling well.