

Colds and Flu

What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. It can be difficult to tell the differences between them. The flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness and dry cough are more intense. Colds are usually milder than the flu.

What are the symptoms of the flu versus the symptoms of a cold?

Symptoms	Cold	Flu
Fever	Rare in adults and older children, but can be as high as 102 degrees F in infants and small children	Usually 102 degrees F, but can go up to 104 and usually lasts 3 days
Headache	Rare	Sudden onset and can be severe
Muscle aches	Mild	Usual, and often severe
Tiredness and weakness	Mild	Can last two or more weeks
Extreme exhaustion	Never	Sudden onset and can be severe
Runny nose	Often	sometimes
Sneezing	Often	sometimes
Sore throat	Often	sometimes
Cough	Mild hacking cough	Usual, and can be severe

More Facts and How-To Ideas

For questions regarding when to notify parent/guardian(s) of sick students please refer to your school's "NC Emergency Guidelines for Schools" manual or the WCPSS website.

<http://www.wcpss.net/parents/student-health/flu.html>

Information for parents may be found on the WCPSS website:

<http://www.wcpss.net/parents/student-health/flu.html>

Information about hand washing and other things you can do to stay healthy and avoid the germs that cause flu, the common cold, and other illnesses are available to staff on the WCPSS Intranet website:

<http://www2.wcpss.net/departments/hs/handwashing.htm>

WCPSS Custodial Services guidelines address the cleaning and disinfecting of schools and administrative sites.