### **Influenza vs. Colds vs. Viral Meningitis**

|  |  |  |  |
| --- | --- | --- | --- |
| **Symptom** | **Influenza (Flu)** | **Colds (Viral URI)** | **Viral Meningitis** |
| **Fever** | Usually present & high (102-104F); typically last 3-4days | Uncommon,If present, typically low grade | High (102-104F) |
| **Chills** | Common | Uncommon | Uncommon |
| **Headache** | Very Common | Uncommon | Very Common; Persistent |
| **Aches and pains, muscle aches,****Chest discomfort** | Moderate-severeCan last up to 14-21days | Mild | Uncommon |
| **Cough** | Non-Productive (dry) is typical | Hacking, often productive | Uncommon |
| **Fatigue and weakness (lethargy)** | Very common early in illness | Extremely Rare | Very Common |
| **Stuffy or runny nose** | Common | Very Common | Uncommon |
| **Sore Throat** | Common | Common | Uncommon |
| **Stiff neck** | Uncommon | Uncommon | Very Common |
| **Sensitivity to bright light** | Uncommon | Uncommon | Common |
| **Nausea** | Common | Uncommon | Common |
| **Vomiting** | Can be present | Uncommon | Common |
| **Lack of appetite** | Can be present | Uncommon | Common |
|  |  |  |  |
| **Description**  | Caused by a Virus | Caused by a Virus | Meningitis is an inflammation of the tissues that cover the brain & spinal cord. Caused by a Virus  |
| **Treatment** | Treat the symptoms listed above; if uncertain seek medical advice from your family physician | Treat the symptoms listed above; if uncertain seek medical advice from your family physician | Seek medical attention if unsure  |
| **Duration** | Typically 7-10 days | Typically 7-10 days | Typically 7-10 days |

Tis the season for colds & flu & other viruses. Here are some steps to help lower your child chances of getting sick.

\***Wash hands often with soap and water, especially after using the toilet, before eating, or after coughing or blowing your nose**

**\*Teach your child to avoid touching their face with unwashed hands**

**\*Encourage your child to cover their coughs and sneezes with a tissue or inside of their elbow**

**\*Get your child Vaccinated**

**\*Keep your child home for 24 hours after they vomit or has diarrhea**

**\*Keep your child home with a fever of 100F or greater & for 24 hours after the fever has gone away (without taking fever reducing medication)**

**\*Keep your child home if they display an unexplained skin rash**

**\*Keep your child home is they constantly cough or complains of difficulty breathing**

**Thank you for working together to keep our students healthy.**

**Please email me with any questions. Shawn Loy School Nurse sloy@highlandhuskies.org**