

THE FLU AND COVID!

What is the Flu? What is COVID? It is contagious viral infections in your respiratory system (nose, throat and possibly the lungs) that can be difficult to distinguish from other viral infections or each other.

Signs and Symptoms of the Flu and COVID People who have the flu or COVID often feel some or all of these signs and symptoms that usually start suddenly, not gradually:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in young children than in adults.
- ****Specific for COVID: Loss or change of taste and smell**

You can be sick without experiencing any of the symptoms or fever. You can also have the Flu or COVID even if you were vaccinated. Because of the identical symptoms, it is **impossible to tell the difference without a test.**

How does the Flu and COVID spread? It spreads by tiny droplets sent out in the air when sick people cough, sneeze or talk. The droplets can land in the mouth or nose of people nearby. Less common, infection can also be passed on if people touch surfaces with virus on, and then touch their eyes, nose or mouth. A person can be contagious 1 day before becoming sick with symptoms and up till 5-7 days after falling sick.

How can you prevent the Flu and COVID?

- Get vaccinated
- Stay away from sick people
- Cover your cough or sneeze
- Avoid touching your eyes, nose and mouth
- Disinfect contaminated surfaces
- Wash your hands OFTEN with soap and water, or use a hand sanitizer

What if your child gets sick? CDC recommends the use of Antiviral Drugs for those patients who are at higher risk. High risk groups are the very young, elderly and people with chronic diseases, or if you are very ill from the Flu or COVID. Contact your doctor as soon as possible to discuss this as the treatment should be started 1-2 days after the first symptoms. In most cases the body will fight the infection.

If your child has the FLU Keep your sick child at home until the child is without a fever for 24 hours without use of fever reducing medication.

If your child has COVID please inform the school nurse. Your child must stay at home for 5 days counted from the day of First Symptom or Positive Test (counts as day 0). When your child returns to school on day 6 your child is expected to use a mask from day 6 through day 10. As a courtesy please inform any Close Contacts your child may have had just before falling sick. Keep your child well hydrated. Use of fever reducing medications can make your child feel a little more comfortable by comforting aches and pains and lowering the fever.

What if your child has been exposed to someone with COVID? Please use a mask for 10 days after the last exposure and keep your child at home if symptoms appear.

Resources:

[CDC's hub for the flu - everything you need to know!](#)

[CDC's hub for COVID - everything you need to know about COVID!](#)