

Is it Allergies, Cold, or Flu?

It's the time of year when your child may have a cough and runny nose, but how do you know when it is allergies due to the change in seasons or if they have a cold? According to the National Institute of Allergy and Infectious Diseases here are some helpful guidelines.

ALLERGY	COLD	FLU
1. Clear runny nose	Thick, colored discharge	Runny or Stuffy nose
2. More sneezing	Less sneezing	Sometimes sneezing
3. Little or no cough	Cough that worsens, esp. with activity	Cough with chest discomfort, can become severe.
4. Comes & goes all season	Last 1-3 weeks	Can last up to 3wks
5. No fever	Occas. mild fever	Sudden onset of high fever, 102-104, lasts 3-4days
6. Possible sinus pressure	Occasional	Prominent

Remember! Encourage good handwashing and to throw away used tissues. If your child's temperature is 100F or higher, vomiting or diarrhea, please do not send to school. Tylenol or Motrin may be given as directed. Always seek medical help if symptoms continue or worsen.