

FLU NEWS & NOTES

Flu Season October- May

- The Texas Department of State Health Services urges **everyone six months old and older** to get vaccinated against the flu. It is particularly important for pregnant women, young children, older adults and people with chronic health conditions, because people in those groups are at a greater risk of severe complications if they do get the flu.
- Flu vaccine is available now, and DSHS encourages people not to wait to protect themselves and their family by getting vaccinated as soon as possible.

<http://www.texasflu.org/>

Cold vs. Flu

Cold Versus Flu

Questions & Answers

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. Because these two types of illnesses have similar flu-like symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

How can you tell the difference between a cold and the flu?

Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can be carried out, when needed to tell if a person has the flu.

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

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<http://www.dshs.state.tx.us/txflu/flu-cold.aspx>

Any questions please call the Charlotte ISD District nurse:

Kelli Garza BSN, RN

830-277-1637

kgarza@charlotteisd.org