


Note from the Nurse 
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Flu Season

Although some people, especially children, may experience an upset stomach when they have the flu, it's not usually the main symptom of influenza. More likely, what you have is the stomach flu (gastroenteritis). Gastroenteritis is actually an illness of your stomach and intestines (gastrointestinal tract) whereas influenza affects your nose, throat and lungs (respiratory tract).

The flu and colds have similar symptoms. However, you'll typically feel much worse with the flu. Signs and symptoms of the flu are generally more severe than are those of a cold and include:

- * Fever
- * Chills and sweats
- * Dry cough
- * Headache
- * Severe muscle aches and pains
- * Fatigue and weakness
- * Loss of appetite

The flu virus has an incubation period of one to four days, although symptoms usually come on suddenly. In most cases, you'll feel better in about a week or two unless you develop a flu-related complication, such as pneumonia or a bacterial infection.

What makes a cold different from the flu is that you generally won't have a high fever. The illness comes on more slowly and is usually less severe. You're also unlikely to experience extreme fatigue and severe muscle aches from a cold, which you might experience with the flu.

If your children are not feeling well, please keep them home.