

October 1, 2019



As you are well aware, influenza (also known as “the flu”) is a common infection in the winter season.

Most people with the flu have symptoms for one to two weeks and then recover fully on their own.

Some people who are at higher risk of complications, however, may require additional medical care or hospitalization (e.g., people with another chronic health condition, pregnant women, children under two years of age and adults 65 years and older).

Generally, the symptoms of the flu include; fever, chills, tiredness, headache, aching muscles, dry cough and/or sore throat. If your child(ren) develop these signs and symptoms, please keep them home from school and contact your health-care provider. By keeping your child(ren) at home while they are sick, you help stop the flu from spreading and protect those who are at higher risk of health complications.

The best way to prevent getting the flu is to:

- ▶ **Get the flu vaccine.** The flu shot greatly lowers your chance of getting sick from the flu and lowers your chance of passing the flu on to your friends and family.
- ▶ **Practice good hygiene.** Cover your nose and mouth with your elbow or a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Avoid touching your eyes, nose or mouth. Germs are spread this way.
- ▶ **Wash your hands.** Wash your hands often with soap and water, especially after you cough or sneeze. If hand washing facilities are not available, you can also use an alcohol-based hand sanitizer.

For more information on the flu, visit:

- Peel Health at [www.peelregion.ca/flu](http://www.peelregion.ca/flu)
- Wellington-Dufferin-Guelph Public Health at [www.wdgpulichealth.ca/clinics-classes/flu-clinics](http://www.wdgpulichealth.ca/clinics-classes/flu-clinics)

Let’s all work together to prevent the flu and keep our schools healthy places to learn and work!

Communications & Community Relations  
Dufferin-Peel Catholic District School Board

# COLD OR FLU

## KNOW THE DIFFERENCE

The flu and a cold can have similar symptoms. The difference is how intense they feel and how common they are. In general, symptoms of the flu appear quickly, while symptoms of a cold happen slowly.

### COLD

You may feel chills but fever is rare

Cough, chest discomfort  
(mild but may last a while)

Body aches & pains  
(mild)

Tiredness  
(you can still do your daily activities)

Headache  
(mild)

Sore throat

Stuffy, runny nose, sneezing



### FLU

Fever

Cough, chest discomfort  
(dry cough can be severe)

Body aches & pains  
(can be severe)

Bedridden  
(you may feel extremely exhausted)

Headache  
(can be severe)

Sore throat

Stuffy, runny nose



### COMPLICATIONS CAN INCLUDE...

- + Lung infections
- + Throat infections
- + Ear infections
- + Sinus infections

### COMPLICATIONS CAN INCLUDE...

- + Pneumonia
- + Pre-existing health conditions getting worse (such as asthma)
- + Hospitalization
- + Death

**People experience symptoms differently. If your symptoms get worse or persist, see your healthcare provider.**

TO LEARN MORE, VISIT [CANADA.CA/FLU](https://canada.ca/flu)