



Ysleta Independent School District
Student Health Services

THE DIFFERENCE BETWEEN A COLD, ALLERGIES, AND THE FLU

SYMPTOMS	COLD	ALLERGY	FLU
FEVER	Rare	Rare	Fever over 100.4 F (38 C)
COUGHING	Sometimes	Unusual	Very Common
GENERAL ACHES AND PAINS	Sometimes, mild	Rare	Usual – Often severe
RUNNY, STUFFY NOSE	Common	Very Common	Sometimes
FATIGUE AND WEAKNESS	Sometimes, mild	Rare	Usual, severe
EXTREME FATIGUE	Unusual	Rare	Usual early onset – can be severe
SNEEZING	Common	Very common	Sometimes
HEADACHE	Sometimes	Unusual	Usual – can be severe
SORE THROAT	Sometimes	Unusual	Very common
CHEST DISCOMFORT, COUGHING	Sometimes, mild	Rare	Usual – can be severe

PREVENTION TIPS:

- **CLEAN** – Wash your hands often. Scrub your hands for at least 30 seconds with soap and water, or use an alcohol-based hand cleaner
- **COVER** – Cover your cough. Use a tissue to cover your mouth and nose when you cough or sneeze. Don't have a tissue? The crook of your elbow will do.
- **CONTAIN** – Contain germs by steering clear of others who are sick. If you do get sick, stay home until you're well again, so you don't spread more germs.
- **CALL** – Call or see your doctor if you or your child has a fever greater than 100 degrees.