



Is it a cold or flu?

Dear Parent / Carer,

At St Chad's, we are proud of our diverse school community and the many languages that are spoken amongst our wonderful families. We have noticed over the past few weeks that there does seem to be some confusion over the definitions of the words 'cold' and 'flu' and we hope that this letter will help clarify and explain the important differences between the two.

Cold	Flu
<p>Cold symptoms come on gradually and can include:</p> <ul style="list-style-type: none"> • A blocked or runny nose • A sore throat • Headaches • Muscle aches • Coughs • Sneezing • A raised temperature • Pressure in your ears and face • Loss of taste and smell <p>The symptoms are the same in adults and children. Sometimes symptoms last longer in children. A pharmacist can help and advise you on the best medicine for a cold.</p>	<p>Flu symptoms come on very quickly and can include:</p> <ul style="list-style-type: none"> • A sudden high temperature (38C or over) • An aching body • Feeling tired or exhausted • A dry cough • A sore throat • A headache • Difficulty sleeping • Loss of appetite • Diarrhoea or tummy pain • Feeling sick and being sick <p>The symptoms are similar for children, they can also get pain in their ear and appear less active. A pharmacist can give treatment advice and recommend flu remedies.</p>

Telling the difference between a cold and flu

Cold and flu symptoms are similar, but flu tends to be more severe.

Cold	Flu
Appears gradually	Appears quickly within a few hours
Affects mainly your nose and throat	Affects more than just your nose and throat
Makes you feel unwell, but you're OK to carry on as normal (for example, go to work).	Makes you feel exhausted and too unwell to carry on as normal

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DDAT
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Most children with a cold are OK to continue attending school, depending on their symptoms. You may wish to administer some cold medicine e.g. Calpol prior to dropping them off. If your child is under the weather, please notify a staff member and we will keep a close eye on them throughout the day. If we feel that your child is too poorly to be in school, we will call you and ask you to collect your child from school. We have staff in school trained in First Aid and caring for unwell children.

Could it be coronavirus?

If your child has a high temperature (38C or over), a new continuous cough or a loss of change to your sense of smell or taste, it could be coronavirus. You will need to isolate and book a COVID test.

Checking your child's temperature

We advise that all parents have a digital thermometer at home. You can buy these from supermarkets and pharmacies. NHS advise that you do not use a glass thermometer or a forehead strip. Glass thermometers can be dangerous and forehead strips are not accurate.



We have a digital thermometer in school and can help take your child's temperature.

Kind regards,

Ms. K Leach Headteacher

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