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**PINELLAS COUNTY HEALTH DEPARTMENT**

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**FOR IMMEDIATE RELEASE**

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## Parents – Does your child have a cold or the flu?

Your child comes home from school with a sore throat, cough and high fever –could it be the flu? Or is it just a common cold? Before you can figure out how to help your child feel better, you need to know what's causing the symptoms.

Typically, the flu (also known as influenza) has symptoms that make a child feel worse than symptoms associated with a common cold, but it's not always that easy to tell the difference between the two. To help determine whether your child is fighting the flu or combating a cold, answer these questions:

<b>Question</b>	<b>Flu</b>	<b>Cold</b>
Was your child's onset of illness...	sudden?	slow?
Does your child have a...	high fever?	mild (or no) fever?
Is your child's exhaustion level...	severe?	mild?
Is your child's cough...	dry?	severe or hacking?
Is your child's throat...	sore?	fine?
Is your child's head...	achy?	headache-free?
Is your child's appetite...	decreased?	normal?
Are your child's muscles...	achy?	fine?
Does your child have...	chills?	no chills?

If most of your answers fell into the first category, chances are that your child has the flu. If your answers usually belonged in the second category, it's most likely a cold. Don't be too quick to brush off your child's illness as just another cold. The important thing to remember is that flu symptoms can vary from child to child (and they can change as the illness progresses), so if you suspect the flu, call the doctor.

For more information about colds and flu, visit [www.cdc.gov/flu](http://www.cdc.gov/flu)

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*The mission of the Pinellas County Health Department is to promote, protect and improve the health and safety of our community through public and private partnerships in an environment that respects diversity. [www.PinellasHealth.com](http://www.PinellasHealth.com)*