

# FLU OR COMMON COLD?? – Check your symptoms

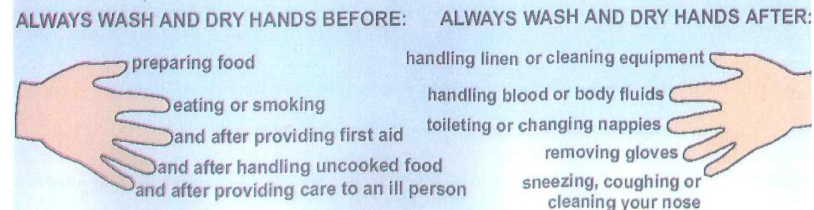
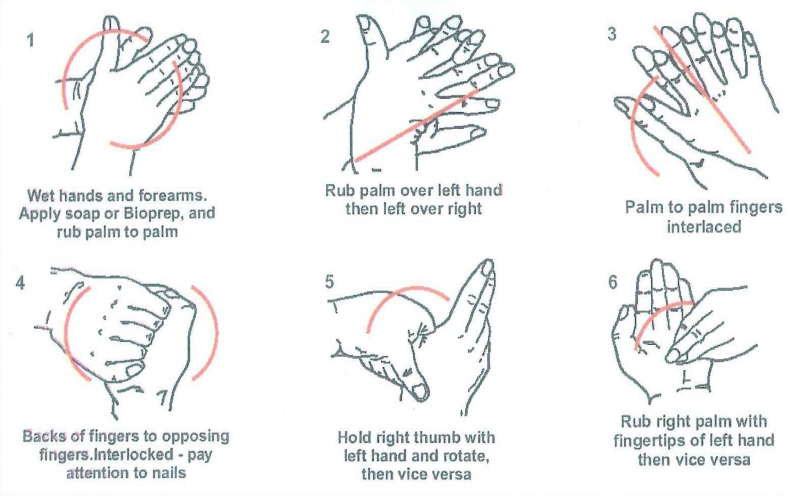
## The difference between influenza and a common cold

SYMPTOM	INFLUENZA	COMMON COLD
<b>Fever</b>	Usual, sudden onset 38°-40° and lasts 3-4 days.	Rare
<b>Headache</b>	Usual and can be severe	Rare
<b>Aches and pains</b>	Usual and can be severe	Rare
<b>Fatigue and weakness</b>	Usual and can last 2-3 weeks or more after the acute illness	Sometimes, but mild
<b>Debilitating fatigue</b>	Usual, early onset can be severe	
<b>Nausea, vomiting, diarrhoea</b>	In children over 5 years	Rare
<b>Watering of the eyes</b>	Rare	Usual
<b>Runny, stuffy nose</b>	Rare	Usual
<b>Sneezing</b>	Rare in early stages	Usual
<b>Sore throat</b>	Usual	Usual
<b>Chest discomfort</b>	Usual and can be severe	Sometimes, but mild to moderate
<b>Complications</b>	Respiratory failure; can worsen a current chronic condition; can be life threatening	Congestion or ear-ache
<b>Fatalities</b>	Well recognized	Not reported
<b>Prevention</b>	Influenza vaccine; frequent hand-washing; cover your cough	Frequent hand-washing, cover your cough

## CLEAN HANDS SAVE LIVES!

Clean hands are the single most important factor in preventing the spread of germs.

You should spend at least 20 seconds using the following recommended method for hand washing:



### If you have FLU SYMPTOMS

- **Stay at home – 5-7 days approximately (and inform the school)**
- **Check with your Doctor and get a Medical Certificate after three days away from school.**
- **Limit contact with other people.**

*(This information is from the Public Health Nurse, Sue Philip)*

# Communication Works



Julie Williamson



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**Come for a chat.** Contact us by:

- Chat box (library)
- Email
- Through a friend, teacher, dean, parent, etc
- Or just slip a note through our door
- Office
- Phone

# Talk it Through

## BULLY TIPS

- **Do not feel bad about being bullied; it is the bully that has the problem, NOT you.**
- **If you are being bullied in ANY way, report it immediately.**
- **If you get a nasty text or email, do NOT reply to it but keep a copy of it and report it immediately.**
- **People who ask for help are strong, be strong and ask. Others DO care!**

## MOBILE PHONE NUMBERS

- **All students' mobile phone numbers should be recorded at the office.**
- **This is for your child's safety in the event of them receiving a nasty text message.**
- **You may like to phone or email the office so that your child's mobile phone number is recorded.**
- **This will be compulsory from 2010.**

## HOLIDAY SEWING CLASSES

### Sewing Classes for young people age 11 – 16 years

Time: 10am – 12 noon or 1.00 pm – 3.00 pm

Date: Mondays 6 and 13 July 2009

Cost: \$10 per session

Bring your material, patterns, ideas and sewing machine if you have one.

To register contact Central Otago REAP 448 6115

## HOLIDAY SEMINARS CHARITABLE TRUST

has organised school holiday workshops for Bright Sparks, Tall Poppies, Odd Bods, Creative Thinkers, High Flyers and Gifted and Talented students 8-15 years old at Selwyn College, Kohimarama, Auckland from 8 to 15 July.

Workshops include: KING TUTENKHAMEN'S TOMB, LEARNING LATIN, WHODUNNIT, MINI METROPOLIS, FANTASY ISLAND, SSS MESSAGES, MINDS EYE MATHS, ROPE TRICKS, CSI, PSYCHOLOGY IN FOCUS, CLASSROOM THINK TANK, ICONIC CITY ART, FAMOUS JOURNALISTS, AMAZING ARCHITECTS, XTRA SECRET LINGO, DAZZLING DESIGNS.....and more besides!

[www.holidayseminars.co.nz/next\\_seminar](http://www.holidayseminars.co.nz/next_seminar) for full workshop details or ring the organiser, Jean Hendy-Harris (09 585 0111 and 021 389 448), email: [info@holidayseminars.co.nz](mailto:info@holidayseminars.co.nz)

## Jack Frost Fridays - Kids Nights

- It's your opportunity to give it a go!
- Kids Curling
- Broomball Games
- Skating

7pm - 9.30pm every Friday night!

**ICE IN LINE**  
SPORTS COMPLEX

