



Martinsville City Schools

The Nurses' Corner

We wanted to share with our families some ways to stay healthy during the cold and flu season, as well as some healthy eating and portion control tips for the New Year! – MCPS School Nurses

Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

Let's prevent the spread of germs by teaching students these simple techniques.

1 At least one hour of physical activity per day.

2 No more than two hours of square screen time per day.

3 Three or more servings of dairy per day.

4 Four or more servings of fruits and vegetables per day.

4321 HEALTHY KIDS



Similarities and Differences of the Common Cold and the Flu

The Common Cold

How it is different from the flu:

- Symptoms come on slowly
- Low-grade fever if it occurs
- Bodyaches, fatigue, cough, sore throat are mild
- Runs its course in about a week
 - Can lead to mild inner ear infections

What they share in common:

- Fever
- Congestion
- Sneezing
- Cough
- Bodyaches
- Fatigue
- Sore Throat

The Flu

How it is different from a cold:

- Symptoms come on suddenly
- Higher and sustained fever
- Bodyaches, fatigue, cough, sore throat are more severe
- Symptoms persist for two weeks or more
- Can lead to pneumonia, bronchitis, and other colds or infections

