



**Healthier Together**

Improving the health of babies, children and young people throughout Frimley



**Please do not send your child to a childcare or education setting if they have flu**

## **A simple guide to the differences between cold and flu**

<b>Flu</b>	<b>Cold</b>
<b>Appears quickly within a few hours</b>	<b>Appears gradually</b>
<b>Affects more than just your nose and throat</b>	<b>Affects mainly your nose and throat</b>
<b>Makes you feel exhausted and too unwell to carry on as normal</b>	<b>Makes you feel unwell, but you still feel well enough to do your normal activities</b>

Source: nhs.uk

**If you are unsure of whether they should be attending their usual setting based upon symptoms they are experiencing, check Frimley Healthier Together for advice**

**[Frimley-HealthierTogether.nhs.uk](https://www.frimley-healthier-together.nhs.uk)**

