



Keeping Your Family Healthy During Cold and Flu Season

As cold and flu season approaches, it's important to take extra care of young children, who are especially vulnerable to these common illnesses. By being proactive, you can help protect your kiddo from the discomfort of colds and the flu.

Differences Between Cold and the Flu

- **Colds:** Caused by many viruses, colds lead to stuffy or runny noses, coughing, and sore throats. Though usually mild, colds can make children uncomfortable and fussy.
- **Flu:** The flu is more serious than a cold, often causing high fever, chills, body aches, and extreme tiredness. Young children are at higher risk for flu complications, so it's important to take it seriously.

How Do Colds and Flu Spread?

These viruses are spread through droplets when people cough, sneeze, or talk. Kids can pick up the virus from shared toys, doorknobs, or even by touching their face after coming into contact with contaminated surfaces.

What to Do If Your Child Gets Sick

- **For Colds:** Keep your child comfortable by giving them plenty of fluids and rest. Over-the-counter remedies like saline drops and fever reducers can help, but always consult with your pediatrician before giving any medications.
- **For the Flu:** The flu can lead to serious complications, especially in young children. If your child has flu symptoms, contact their doctor right away. Antiviral medications might help if given early.

STEPS TO PROTECT YOUR FAMILY DURING COLD & FLU SEASON



GET THE FLU VACCINE

The flu shot is safe for children 6 months and older, and it's especially important for children with underlying health conditions like asthma.



TEACH GOOD HYGIENE

Encourage your kiddo to wash their hands regularly with soap and water, especially after coughing, sneezing, or playing with others.



COVER COUGHS/SNEEZES

Show your child how to cover their mouth and nose with a tissue or their elbow when they cough or sneeze. This helps stop the spread of germs.



DISINFECT SURFACES

Wipe down toys, door knobs, and other surfaces regularly to minimize germs at home.



KEEP SICK KIDDOS HOME

If your child is feeling unwell, it's best to keep them home from school or daycare to prevent spreading illness to other children.



PRACTICE HEALTHY HABITS

A healthy diet and plenty of sleep strengthen your kiddo's immune system, helping them fight off colds and flu.



HYDRATE & COMFORT

If your child gets sick, make sure they drink plenty of fluids and get lots of rest. Using a humidifier or saline drops can help ease congestion.

Is It a Cold? The Flu? Covid?

Flu, colds, and COVID-19 can share similar symptoms, making it challenging to tell them apart. The chart below provides a breakdown of typical symptoms to help distinguish between them.

Symptom	Cold	Flu	COVID-19
Fever	Rare	Common (high)	Common (mild to severe)
Body Aches	Mild	Common	Common
Fatigue	Sometimes (mild)	Common (moderate/severe)	Common (mild to severe)
Cough	Mild to moderate	Common (dry)	Common (dry or productive)
Sore throat	Common	Common	Common
Runny/stuffy nose	Common	Sometimes	Sometimes
Loss of smell/taste	Rare	Rare	Sometimes (common early in pandemic)
Shortness of breath	No	No	Common

The best way to know for sure is through testing. A rapid flu test can confirm influenza, and a PCR or rapid antigen test can confirm COVID-19.

When to Call the Doctor

Seek medical advice if your child:

- Has difficulty breathing or very rapid breathing
- Shows signs of dehydration (few wet diapers, dry mouth, crying without tears)
- Has a persistent high fever (above 102°F)
- Is excessively sleepy, irritable, or in pain

Final Thoughts

Keeping your family healthy during cold and flu season requires a little extra effort, but these small steps can make a big difference. By practicing good hygiene, staying vigilant, and getting vaccinated, you can reduce your family's risk of illness and keep your little ones feeling their best.

DID YOU KNOW?

Every U.S. household is eligible to order 4 **free** at-home COVID-19 tests.

Shipping is free too!

To get your free test kits, go to special.usps.com/testkits

Celebrate National Play Outside Day!

Mark your calendars for National Play Outside Day—a wonderful opportunity to encourage children and families to step away from screens and enjoy the great outdoors! This special day takes place on the first Saturday of every month, reminding us of the importance of outdoor play for kids’ physical, emotional, and mental well-being.



Why Play Outside?

Spending time outside offers countless benefits for children of all ages. Whether they’re climbing trees, playing tag, or riding bikes, outdoor play offers opportunities for physical activity, creativity and imagination, social skill development, boosting mental health, and connecting to nature.



How to Celebrate National Play Outside Day

Participating in National Play Outside Day is simple—just head outside and enjoy! Here are some fun ways to celebrate with your family:

- Visit a Local Park
- Organize a Backyard Adventure
- Go on a Bike Ride
- Have a Picnic
- Play Sports
- Explore Nature Trails

Though National Play Outside Day is celebrated monthly, the benefits of outdoor play extend all year. Make it a habit to spend time outdoors as a family, rain or shine! By encouraging your kids to explore nature, be active, and spend time outdoors, you’re supporting their overall health and well-being. So, get outside, have fun, and make lasting memories with your family on this National Play Outside Day!

Important Recall: Fisher-Price Snuga Infant Swings

Fisher-Price has issued a recall on Snuga Infant Swings due to potential suffocation concerns. The headrest and body support insert on the seat pad can increase the risk of suffocation. The swing should never be used for sleep, and bedding materials should never be added to it. If you own one of these swings, please stop using it immediately and check the official recall notice for more details. Contact Fisher-Price toll-free at 855-853-6224 from 9 a.m. to 6 p.m. ET Monday through Friday or online at www.service.mattel.com and click “Recall & Safety Alerts” or www.service.mattel.com/us/recall.aspx, for more information.



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Important dates this month:

November 2	National Play Outside Day
November 3	Daylight Savings Ends
November 5	Election Day
November 11	Veteran’s Day
November 28	Thanksgiving Day