



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

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

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

