

“More” Notes for Parents



January 21, 2009
2nd Marking Period Grades / End of 1st Semester

From the Dean of Students Office:

Happy 2009 to all! I hope you enjoyed spending time with your son over the two-week vacation. Mid-terms are now a memory, a relief to many, and we are well on our way into the third marking period.

Study Fest was held on Saturday January 10th and Sunday January 11th, at which time faculty and students prepared together for the mid terms. Most faculty members brought goodies, such as Mrs. Howard’s famous triple-chocolate brownies.

In his address to the entire St. Thomas More School community at the Honor’s Assembly on January 21st, Headmaster Jamie Hanrahan referred to the first semester as one of the finest he could remember. He acknowledged the hard work and achievements of all honor roll and Chancellor’s Club recipients and the outstanding work, effort and sportsmanship of our athletic teams. Mr. Hanrahan also encouraged everyone to remain focused on the remainder of the year and to remember that the second semester is a time for renewal.

Grades close for the third marking period progress reports on February 6th. February vacation begins on Friday February 13th at 11:36am and ends Sunday February 21st. All students are expected to be back on campus by 7:00pm. Please inform Mrs. Page of your son’s plane, train and/or bus itinerary.

As always, please do not hesitate to contact my office if you have any questions, comments, concerns or just want to check in on your son. Also remember that all faculty have their own email addresses and welcome your communication regarding your son’s progress.

Sincerely,
Tim Viands, Dean of Students

Maura Howard, Assistant Dean

Mid-Year Statistics:

- First Semester Chancellor’s Club- 41 Students
- Second Marking Period Chancellor’s Club- 49 Students

- December Chancellor's Club- 95 Students

Positive Decision-Making Group for 8th Graders:

Although adolescents don't want to hear it, good things really do take time and effort. We can help them to succeed by teaching them to set goals, make healthy decisions, and recognize and remove their personal stumbling blocks. Clarifying what it is that they want out of life, being assertive with their peers and abstaining from alcohol and drugs are skills that they need in order to achieve their goals.

As part of our commitment to the social and emotional growth of our students, we would like to introduce a program that all eighth graders will be participating in for the next eight weeks. The format of the one hour sessions will include group discussions, role playing and didactic presentations. Mr. Allen, their Transitional Seminar teacher, will also reinforce the themes of this course through journal writing and other appropriate assignments.

It is our hope that this program will give your son the skill set to make good decisions as he progresses through his adolescent years. If you have any questions about this program, please contact Mr. Mark Allen, School Counselor.

Freedom from Chemical Dependency Week:

As part of our continued effort at substance abuse prevention and general wellness, we are pleased to announce that teachers from FCD Educational Services will join our community for four days. FCD (the initials stand for Freedom from Chemical Dependency), is a non-profit organization based in Needham, Massachusetts, that provides alcohol, tobacco and other drug education for schools and colleges in the United States and abroad. Since 1977 they have taught over a million students of all ages. Their mission is to:

- Provide students, parents, teachers and school administrators with up-to-date information on the physiological and psychological effects of alcohol, tobacco and other drugs
- Empower young people to make healthy, responsible choices regarding alcohol and other drug use
- Encourage and support the non-use of alcohol and other drugs during adolescence
- Teach students and adults how to recognize the early warning signs of chemical dependency and to intervene appropriately.

FCD teachers are highly trained educators who have achieved long-term recovery from alcohol and/or other drug addictions. This unique "I've been there" perspective not only enhances the credibility of their message, but provides students with role models for happy, healthy, drug-free living. Having experienced the destructive effects of chemical dependency, FCD instructors teach from the heart. Their work is not merely a job, but a calling of primary importance carried out with honesty, compassion and care.

The FCD health educators will teach our eighth, ninth, tenth and eleventh grade students during a four-day program. As with all classes at St. Thomas More, they will have a low student-teacher ratio to maximize the effectiveness of this important message. We will also offer specific programs for both our seniors and post-graduates. In addition to these classes the educators will host a student-only meeting and conduct a faculty workshop. Faculty members play an important

role in reinforcing the value of FCD's visit by encouraging ongoing teacher-student dialogue on alcohol, tobacco and other drug related issues. During the faculty workshops, the FCD teachers will help us brainstorm ideas that will foster these discussions throughout the school year.

We are confident that this will be an enjoyable and valuable week for our school community and hope you will join us in encouraging abstinence from tobacco, alcohol and other drugs. Please visit their website at www.fcd.org for more information on their services and programs.

From the Academic Dean's Office:

We are halfway through another exciting school year and life is moving as smoothly as the wind skating across Gardner Lake. Enclosed please find copies of your son's academic report for the Second Quarter including grades for his academic achievement, effort, mid-term exam and his average for the First Semester. We celebrated our First Semester achievements with an All-School Assembly on Wednesday, January 13th. During this assembly, we recognized those students who made significant Academic and Athletic accomplishments.

Prior to the Christmas vacation, we had a great week full of our traditional holiday events. Students and faculty enjoyed the annual Student Christmas Dinner at which the students were served an outstanding meal by the faculty. While the student-faculty basketball game was postponed due to the weather, the alumni and faculty team had an amazing win against the varsity hockey team. I understand that the hockey coach nominated himself as the games MVP! If bumps and bruises are qualifiers, then he may have earned it. It was a great game and a lot of fun as several alums returned to play.

The first few weeks of the New Year have been busy. On Saturday, January 10th and Sunday, January 11th, the students and faculty got together for some additional exam review. This annual affair - dubbed STUDYFEST! - provided not only some additional mentoring but some great snacks as well! It was fantastic to see over fifty students and twenty faculty members take advantage of this opportunity on the first day.

As always, please feel free to contact your son's teachers or advisor with any questions or concerns.

Sincerely,
Mr. Steven A. Davis, Academic Dean

From the School Counselor:

It has only been a week since the entire Saint Thomas More Community returned from their holiday break. In this short period of time, students quickly transitioned back into their academics, winter sports, after school social activities and settled into preparing for mid-term exams. Our students and staff have been actively engaged in academic reviews and completing preparation work for their midterm exams. Students worked diligently on completing study guides for all their academic courses participated in the Study Fest for extra study time. Meanwhile, the entire Saint Thomas More campus resembles a traditional Norman Rockwell New England winter scene.

The Peer Tutoring Program resumed meeting on Monday and Wednesday from 2:30 PM to 3:25PM for students requiring additional academic support. The Peer Tutoring program is designed to allow a number of our students who are doing well academically to volunteer their time to assist peers with their academics.

I have to begun the application process for Resident Assistant positions for 2009-2010. In the few days since returning from vacation, my office has received over 32 inquiries from 10th and 11th grade students interested in these positions. The selection process for these positions will be finalized before the Easter Break. I am also looking forward to working with these young men through the end of the year when the seniors graduate and post-graduate students depart.

Overall, the School Counselor's Office was extremely busy with coordinating the Peer Tutoring Program, RA Meetings, and meeting with students for counseling sessions. Now that the holiday season is over, this would be an ideal time to sit with your son and talk about his dreams and goals in life. Discuss his accomplishments thus far and his plans for the future. Most importantly start a conversation with your son to share thoughts and ideas about his future and dreams beyond Saint Thomas More. Start planning today for tomorrow's future. Have a blessed New Year.

Sincerely,
Mark Allen, School Counselor

From the School Chaplain:

The third quarter brings a couple great programs to campus. To celebrate Dr. Martin Luther King Day it seems most appropriate to focus on broader questions which are in line with his dedication and commitment to the needs of all humanity. This year Dr. Chandler Saint of Beecher House Center for the Study of Equal Rights will address the continuation of slavery – economic and sexual – in the world today. While great progress has been made there is still so much to do to achieve the rights of all people. To celebrate Black History Month the one-act play “**The Meeting**” will be presented by students from the University of New Hampshire. This play is a creation of a meeting between Dr. King and Malcolm X using only their own words and offers a striking contrast between their different approaches to confronting social issues. There is always a struggle of values and perspectives in addressing social change and needs and the play should provide a good opportunity to recognize and evaluate the different approaches. The St. Thomas More Big Brothers have received high praise from the Oakdale Elementary School. Their generosity and great rapport with the “little brothers” is much appreciated! And looking ahead - the date for Confirmation has been set. Msgr. Thomas Bride, Vice Chancellor of the Norwich Diocese, will administer the Sacrament to nine St. Thomas More students on Wednesday, April 9th at 10 am.

Sincerely,
Fr. Richard Gross, SJ

College Placement Updates:

By now, many of our students have their applications and supporting materials out to the colleges and are awaiting decisions. Others are finalizing their applications. For seniors and post-graduates, March and May are the last two chances to improve their SAT scores. All juniors will be taking the SAT for the first time on Saturday May 2nd, 2009, and will begin college placement meetings with Mr. Riggs and Mr. Quinn shortly.

The College Board offers extended services to students with documented learning disabilities. These services range from extended testing time to having the SAT read out loud. The process to receive these services takes upwards of two months, sometimes longer. For juniors, this process MUST begin now. Please contact Mr. Jere Quinn if you feel your son may be eligible for additional accommodations.

Clubs & Student Groups for 2nd Semester:

The first effort to incorporate clubs and student groups into the framework at St. Thomas More School went very well. Over Christmas vacation, we examined what went well and what could be improved upon. From our faculty's point of view, they really enjoyed the opportunity to interact with the students in a collaborative manner. As such, the following clubs will be offered during the second semester to all students:

- Social Movement Film Society
- Spanish Club
- Philosophy Club
- Community Service Club (TIES)
- Diversity Club
- Creative Writing & Literary Magazine
- Art Club
- Athletic Boosters
- Science Club
- Principles of Coaching
- Chess Club
- C.O.R.E.- On Campus Recreation
- Cooking Club
- The "Recyclers"
- The Gourmet Chefs

We look forward to outstanding participation and involvement from all.

Upcoming Events & Dates:

- January 24th- SAT Testing @ STM
- January 26-29th- Freedom from Chemical Dependency Week
- February 6th- Progress Reports Close
- February 13th- Mid Winter Break Begins @ 11:36am
- February 22nd- Mid Winter Break Ends @ 7:00pm

Spring Sports begin the first week of March:

Offerings for spring activities include JV and Varsity Lacrosse, JV and Varsity Baseball, Track & Field, Sailing, Martial Arts, Varsity Tennis, Varsity Golf and cross training. While the school will provide most safety equipment (helmets, shoulder pads, mouth guards, etc...), lacrosse sticks, lacrosse gloves, lacrosse elbow pads, baseball gloves, cleats, tennis rackets, and golf clubs must be provided for from home.

STM on the Web:

Please visit www.stmct.org to find out more information about your son's experience. The school's website features updated athletic, academic and residential life information. Under the PARENT & STUDENT portal, parents will find a detailed school calendar, school news, dining hall menus and nutritional

information, special events, and the athlete of the week announcement.

Summer Academic Camp 2009:

The 2009 Summer Academic Camp is scheduled to begin on Sunday June 29th, 2009. The five-week session is a unique opportunity for students to earn credit for courses already taken, to remediate skills in certain areas and to preview courses for the upcoming school year. The structure of the camp provides for academics in the morning and a “traditional” summer camp in the afternoon. Nightly study hall, resembling the study halls during the regular school year, is also held six nights a week. Wednesday half-day and Sunday full-day field trips are also programmed into the camp. Please contact Mr. Timothy Riordan, Director of Admissions, for more information.

Contacting Faculty and Staff:

Every faculty and staff member has an email address and voicemail extension. Links to all email addresses can be found on our website- www.stmct.org. Feel free to contact your son’s teachers, coaches, dorm parents and advisor.



Enclosed with this mailing you will find…:

- Your son’s second marking period report card and comments from his teachers.
- Supplement from the Health Office
- A Letter from your son’s advisor
- December Chancellor’s Club List
- Second Marking Period Chancellor’s Club List
- 1st Semester Chancellor’s Club List

- Your son's disciplinary record, if applicable

Athletic Team News:

Varsity Ice Hockey:

The Varsity Ice Hockey Team is off to a 1-3 start and since the return from break the boys have truly come together as a team. The team had a fun and enjoyable overnight trip to New York and played hard in the Harvey School Holiday Tournament. The bulk of the schedule is in front of the team and will look to put more W's in the win column.

As for individual achievement, Paul Knudsen has been the biggest surprise on the team with his solid play in the net. He has shown the most improvement since the beginning of the season. Also, the team has received key offensive contributions from Captain Chuck Shenberger, Captain Kyle Quinn, Remy Menard, Joe Cardarelli, Tom Kooris and Mike Cowee. Defensively Mark Brothers, Bryan Philippon and Nick Fournier all have played solid defensive hockey. Also, newcomer Kevin Howard looks to add depth to the team.

Post-Graduate Basketball:

The post graduate basketball team has returned from Christmas break with rejuvenated enthusiasm and excitement for the upcoming schedule. The team battled through competitive games prior to leaving for Christmas and has begun to overcome some inconsistent performances. The Chancellors play the bulk of their schedule throughout January and February, and with the attitude and competitive spirit that has been displayed in recent practices it should be an exciting two months. The team is fired up for its annual Founder's Tournament, which is followed by a trip to New York City for the Big Apple Classic. The Chancellors are hoping for strong support from students, faculty, and alumni during these events and for the remainder of the season.

*** Founder's Tournament (Home - Jan. 16th and 17th)*

*Big Apple Classic (Hunter College - Jan. 19th) ***

Varsity Basketball:

The 2008-2009 Varsity Basketball season started off with a disappointing loss at home to Putnam Science Academy. The team, the majority of which is underclassmen, then managed to win six straight games. The winning streak was ended on the night of January 12th, when Putnam Science came back from a nine-point half time deficit to hand the Chancellors their second loss. The youth of the team continues to be a contributing factor to game performance, and the coaches are striving to compensate for the inexperience of the players. The inexperience shows in the stat column; this year's team has significantly more turnovers and fewer points than teams in the past. The potential, however, is strong and the coaching staff is excited about the possibilities. Still undefeated within the league, as of January 13th, the team is looking forward to a challenging schedule to finish the season. Senior Justin Thomas, juniors Kevin Brown and Jelini Giddings

have led the team and possess the most experience on the court. Collin Foster has also been a stalwart defender and leads the team emotionally during practice sessions. Other underclassmen who have contributed significantly include Bilal Pankey, Jabbare Benford, and Zachary Pierce.

Junior Varsity Basketball:

The Chancellors' JV basketball team has had an up and down beginning to their season. Starting the season off strong with a 50-13 home win over Putnam Science Academy, S.T.M. went on to defeat The Wheeler School and Saint Andrew's School for an undefeated start to the season. Playing at Saint Andrew's, the Chancellors added a little excitement to their first away game of the season. With the clock under ten seconds and the score tied, Chancellors' center Stephen Barnes grabbed a rebound and put up a long jumper that went through the net as the buzzer sounded, winning the game 48 - 46.

The first real test to the Chancellors came in their fourth contest, as they faced the varsity team from Fishers Island School. Down 37 - 20 at halftime, the Chancellors put together an amazing second half comeback and had themselves in contention to win the game. Led by Steven Davis, who had 23 second half points, STM outscored Fishers Island 41 - 33 after the half. The Chancellors put on quite the shooting display, hitting a flurry of nine 3-pointers in their second half attempt to cut the lead. In the end, it wasn't enough, as a disciplined Fishers Island team pulled away with the victory, 70-61. Following their first loss, S.T.M hosted a very talented team from Marianapolis Prep, and was handed a convincing loss. Undersized and out-worked, the Chancellors lost with final score of 62-19.

Coming back from the holiday vacation, the Chancellors' much anticipated rematch against Fishers Island was postponed due to weather. Their first action would come against Avon Old Farms. Still rusty from the vacation, STM came out slow in the first half, and found themselves down at halftime against a very athletic Avon squad. The Chancellors' effort in the second half was a polar opposite of the first, as they came out playing hard, diving for every loose ball and fighting for every rebound. Despite the renewed work ethic, Avon's first half lead was too much to overcome, and STM lost 55-31. The Chancellors' most recent contest was a home rematch with a much improved team from Putnam Science Academy. A tight contest through its entirety, the Chancellors kept a crowded home gym on the edge of their seats before finally winning.

The JV Chancellors stand with a record of 4 wins and 3 losses, and their next game is at The Hyde School on Friday, January 16th. For individual game highlights and statistics, visit the JV

basketball page on the Saint Thomas More website,
www.stmct.org.

Thirds Basketball:

The Thirds team has shown great progress in a short amount of time. For some of these gentlemen it is their first time playing organized basketball. In the first game of the season the team was able to rally from a 17 point deficit to pull within 5 but were unable to overcome this insurmountable task. In the second game of the season the team got off to a slow start and was unable to rally from the large deficit that was created. Although we have gotten off to a slow start, the team has been supportive of each other and has shown steady improvement and progress with each practice. I look forward to their steady progression throughout the season.

Judo:

The 2008-2009 winter season in judo has been successful; many of the team's veterans have returned from last year. Those returning include James Abraham, Alvin Hageman, Dan Johnson, Jeremy Krueger, Tae Ho Lee, Kevin Mayeda, and Chris Potter. Along with newcomers George Shaw and James McDowell they have done very well not only in practice, which includes a once a week in town practice with instructors Bill Montgomery and Joan Love of the Norwich Judo Dojo, but also in limited competition which included some scrimmage matches prior to Christmas break. The first real test will be on January 31st when the team will face its first official competition against several other judo dojos.

Dorm Notes

Kennedy 1:

The boys of K-1 have had a busy, exciting, and enjoyable first half of the school year. They have been studying hard; and as a result the majority of our floor earned honor roll during the first semester. As far as dorm life goes, the boys have been doing a good job keeping the hall clean and staying focused during study hall. As a result, Mr. Quinn and I have decided to throw a Super Bowl party for the boys in February. Most importantly we want all of the boys to do well on their mid-terms and finish the first half of the year on a high note. Please do not hesitate to contact us at

mquinn@stmct.org or grotman@stmct.org.

Kennedy 2:

The year seems to be flying by and it is hard to believe that it is already January. Just a couple of months ago the kids were moving their stuff in. Hopefully everyone has had a relaxing and restful break. The boys seemed excited to be back on campus and are getting back into the swing of things. With the midterms coming up this week we have tried to keep the guys balanced because this can be a very stress full time. We hosted hot chocolate night on Sundays and hosted video game tournaments on the weekends. The guys also seem to be enjoying the Residential Life Curriculum. We had a very spirited discussion on finding balance between extracurricular activities and academics. We are looking forward to more activities throughout the school year and thoroughly enjoy having your kids on the floor. If you have any questions or concerns you can reach us at ejelani@stmct.org or

mgerowitz@stmct.org.

Edmunds 1:

With Christmas over and exams upon us, the residents of Edmund's 1st floor look forward to our upcoming events such as our Super Bowl and March Madness parties and the second semester. We're midway through the year, and the boys are focused on college applications and the new doors open to them as young men. By now, the guys have settled into routines and are anxiously awaiting the end of the school year, now apparently measured in weeks instead of months. We're happy to report that over 80% of our floor is on the honor roll, and that academic concerns go hand in hand with social and athletic ones. Please not hesitate to contact us via email at jflorencio@stmct.org or vflorencio@stmct.org.

Benes 1:

There has been some anxiety as mid-term exams enter into the minds of the B1 floor. In our last two dorm floor meetings we have discussed ways to deal with this anxiety and better ways of studying for the long test that will cover the first semester's course material. Most of the students have five to six classes and as we all

know... this time is difficult. With continued effort and focus during nightly study halls, the students should perform well.

Overall, the second quarter has gone well and a number of quality activities will start off the third quarter. The first party the students will be involved in will be the "Thank God Midterms are Over" party followed closely by the Super Bowl party. I am also attempting to put together an ethnic party in the third quarter to introduce new foods from around the world. I would love any suggestions from international or domestic parents who would like to forward or email me recipes for a number of dishes. You can email me at jhastings@stmct.org.

Benes 2:

On Benedict II, the kids are still getting along extremely well. They are keeping the floor clean and have been taking care of each other quite well for the most part. We have had meetings on bullying, respect for property, and most recently on a variety of issues that teenagers typically have to make decisions about such as cheating, the use of alcohol and drugs, and ways to respect and help the community. Coming up we will be having a little Super Bowl party in our apartment to give the kids a much needed midwinter break. We are getting to the time of year when everyone experiences some stress due to the weather and the ongoing intensity of our school schedule. Periodically, I have been taking the guys to the gym to play dodge ball to help them get some of that stress out of their systems. As always, if you have any questions or concerns, feel free to contact me at gladd@stmct.org.

From the Health Office

Hello to all. I hope everyone had a wonderful holiday and enjoyed time with their sons. Winter is here to stay for the next several weeks and I wanted to take this opportunity to review with everyone the differences between cold symptoms and flu symptoms. As always, whenever someone is feeling ill they should try to rest more, increase their fluid intake and treat their symptoms with over the counter medications.

Antibiotics are not always necessary. As all of you have probably heard the over use of antibiotics, or not taking all of the prescription medication that has been prescribed by a physician can lead to more resistant bugs. This means stronger antibiotics will be needed to treat you should your symptoms occur or return. Below are the recommendations as well as a chart to review when wondering if you have cold or flu symptoms.

As always, when in doubt about your illness or if it lasts longer than a week call your health care provider for more information or to schedule an appointment.

If you have any concerns about your son's health do not hesitate to contact health services @ 860-859-1900 ext. 136 or via email @ lcole@stmct.org

Enjoy the snow and winter season.

Lynn and Sue

Flu or Cold Symptoms?

When you wake up sneezing, coughing, and have that achy, fever, can't move a muscle feeling, how do you know whether you have flu or cold symptoms?

It's important to know the difference between flu and cold symptoms. A cold is a milder respiratory illness than the flu. While cold symptoms can make you feel bad for a few days, flu symptoms can make you feel quite ill for a few days to weeks. The flu can also result in serious health problems such as pneumonia and even hospitalizations.

What are common cold symptoms?

Cold symptoms usually begin with a sore throat, which usually goes away after a day or two. Nasal symptoms, runny nose, and congestion follow, along with a cough by the fourth and fifth days. Fever is uncommon in adults, but a slight fever is possible. Children are more likely to have a fever with a cold.

With cold symptoms, your nose teems with watery nasal secretions for the first few days. Later, these become thicker and darker. Dark mucus is natural and does not usually mean you have developed a bacterial infection, such as a sinus infection.

Several hundred different viruses may cause your cold symptoms.

How long do cold symptoms last?

Cold symptoms usually last for about a week. During the first three days that you have cold symptoms, you are contagious. This means you can pass the cold to others, so stay home and get some much-needed rest.

If cold symptoms do not seem to be improving after a week, you may have a bacterial infection, which means you may need antibiotics.

Sometimes you may mistake cold symptoms for allergic rhinitis (hay fever) or a sinus infection. If your cold symptoms begin quickly and are improving after a week, then it is usually a cold, not allergy. If your cold symptoms do not seem to be getting better after a week, check with your doctor to see if you have developed an allergy or sinusitis.

What are common flu symptoms?

Flu symptoms are usually more severe than cold symptoms and come on quickly. Flu symptoms include sore throat, fever, headache, muscle aches and soreness, congestion, and cough. The flu is caused by a variety of influenza viruses.

Most flu symptoms gradually improve over two to five days, but it's not uncommon to feel run down for a week or more. A common complication of the flu is pneumonia, particularly in the young, elderly, or people with lung or heart problems. If you notice shortness of breath, you should let your doctor know. Another common sign of pneumonia is fever that comes back after having been gone for a day or two.

Just like cold viruses, flu viruses enter your body through the mucous membranes of your nose, eyes, or mouth. Every time you touch your hand to one of these areas, you could be infecting yourself with a virus, which makes it very important to keep your hands germ-free with frequent washing to prevent both flu and cold symptoms

Is it flu or cold symptoms?

How do you know if you have flu or cold symptoms? Take your temperature, say many experts. Flu symptoms often mimic cold symptoms with nasal congestion, cough, aches, and malaise. But a common cold rarely has symptoms of fever above 101 degrees F. With flu symptoms, you will probably have a fever initially with the flu virus and you will feel miserable. Body and muscle aches are also more common with the flu. This table can help determine if you have cold or flu symptoms.

Symptoms	Cold	Flu
Fever	Sometimes, usually mild	Usual; high (100-102 F; occasionally higher, especially in young children); lasts 3 to 4 days
Headache	Occasionally	Common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; can last 2 to 3 weeks
Extreme Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes

Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
Complications	Sinus congestion; middle ear infection	Sinusitis, <u>bronchitis</u> , ear infection, pneumonia; can be life-threatening
Prevention	Wash your hands often; avoid close contact with anyone with a cold	Annual flu shot; antiviral medicine - see your doctor
Treatment	Antihistamines; decongestants; anti-inflammatory medicines	Antihistamines, decongestants, analgesics (<u>ibuprofen</u> , <u>acetaminophen</u>); antiviral drugs within the first 48 hours of symptoms; call your doctor for more information on treatment.

When do I call the doctor with flu or cold symptoms?

If you have flu or cold symptoms, it's important to call your doctor if you have any of the following severe symptoms:

- **Difficulty breathing or chest pain:** These could be signs of more serious problems, including pneumonia, asthma, or even a heart problem.
- **Persistent fever:** This can be a sign of another bacterial infection that should be treated.
- **Severe headache:** This could indicate meningitis, an inflammation of the lining of the brain.
- **Vomiting or inability to keep fluids down:** If you are vomiting frequently, you may be at serious risk of dehydration, which means there isn't enough fluid in your body to get blood to your organs.
- **Painful swallowing:** Although a sore throat from a cold or flu can cause mild discomfort, severe pain could mean strep throat, which requires treatment by a doctor.
- **Persistent coughing:** When a cough doesn't go away after two or three weeks, it could be bronchitis, which may need an antibiotic. Postnasal drip or sinusitis can also result in a persistent cough. In addition, asthma is another cause of persistent coughing. Asthma medications such as steroids, anti-inflammatory medications, and bronchodilators are necessary to treat asthma.
- **Persistent congestion and headaches:** When colds and allergies cause congestion and blockage of sinus passages, they

can lead to sinus infection. If you have pain around the eyes and face with thick nasal discharge after a week, you may have a bacterial infection and need an antibiotic

Can I prevent flu or cold symptoms?

The most important prevention measure for both flu and cold is frequent hand washing. Hand washing by rubbing the hands with warm soapy water for at least 20 seconds helps to slough germs off the skin.

In addition to hand washing to prevent flu or cold symptoms, you can also get a flu shot to prevent influenza. Flu activity in the United States generally peaks between late December and early March, so the CDC recommends getting a flu shot in October or November. Within two weeks of getting a flu shot, antibodies develop in your body and provide protection against flu symptoms.

If you do get flu symptoms, call your doctor. If you take prescription antiviral drugs within the first 48 hours of flu symptoms, the medications may help shorten recovery time. Antivirals may also help prevent the flu if you have been exposed to someone with flu symptoms.

Source for Information- WebMD