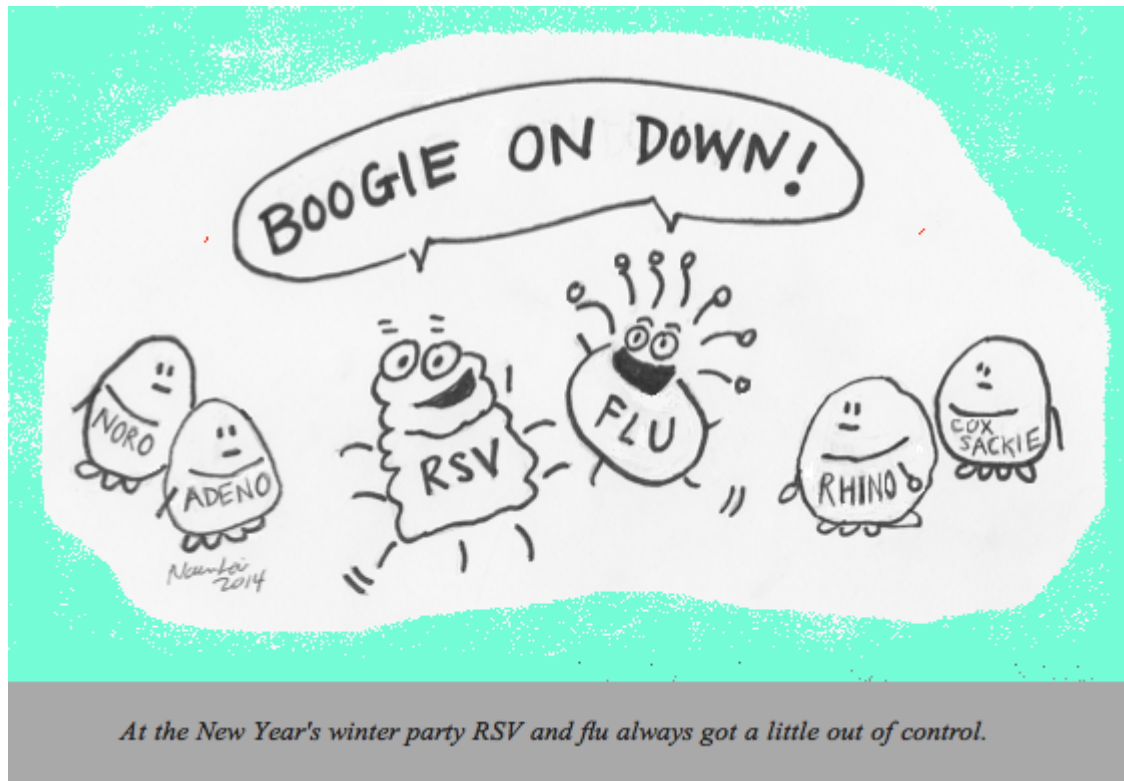


Is it a cold or the flu?



“Remember: colds = gradual and annoying. Flu = sudden and miserable.”

Please read [here](#) for our post of how to tell if your child has a cold or the flu.

Stay well, may the new year bring you neither one.

Julie Kardos, MD and Naline Lai, MD

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