

FLU, RSV, COVID-19 OR A COLD?

Check your child's symptoms using the chart below.

Common symptoms of all four illnesses include: fever, cough, fatigue, stuffy/runny nose & congestion.



ILLNESS	COLD	RESPIRATORY SYNCYTIAL VIRUS (RSV)	FLU	COVID-19
FEVER	✓	✓	✓	✓
SORE THROAT	✓	✗	✓	✓
COUGH/ CONGESTION	✓	✓	✓	✓
HEADACHE/ BODY ACHES	✗	✗	✓	✓
WHEEZING/ FAST BREATHING	✗	✓	✓	✓

CORE PREVENTION STRATEGIES FOR RESPIRATORY VIRUSES:

- Stay up-to-date with immunizations (flu, COVID and RSV)



- Practice good daily hygiene
 - ~ Wash hands throughout the day
 - ~ Cover your sneeze or cough
 - ~ Clean and disinfect surfaces after use



- Take steps for cleaner air -
 - ~ Ensure proper ventilation
 - ~ Update in-home filters and air ducts

IF YOU THINK YOU MAY HAVE A RESPIRATORY VIRUS:



Use added precautions to prevent spread -

Stay home/away from others if you have respiratory virus symptoms that aren't better explained by another cause.

OR

Seek health care for testing and/or treatment if you have risk factors for severe illness.

Return to normal activities when:

Symptoms are getting better overall for 24 hours

AND

Fever-free for 24 hours (not using fever-reducing medication).

When returning to normal activities, take added precaution -

For 5 days:

General hygiene, masks, physical distancing, and/or testing when you will be around other people indoors.

CALL YOUR PEDIATRICIAN IF YOUR CHILD HAS ANY OF THE FOLLOWING SYMPTOMS:

- Fever:
 - Above 100.4 F rectally in infants under 2 months old
 - Any fever greater than 100.4 F that lasts more than 3 days
- Rapid breathing, flaring nostrils, wheezing and grunting
- Chest caving in with each breath
- Shortness of breath/difficulty breathing
- Dehydration:
 - No urine in over 12 hours
 - Fewer than 2-3 wet diapers a day
 - Noticeably fewer tears or drool
- Lethargic

410-263-6363

