

# Allergies, Cold, Flu or COVID-19?

*Symptom checker and what to do for kids.*



If your child is sick, you may wonder if it's allergies, a cold, the flu or COVID-19. In addition, with COVID-19, symptoms can range from no symptoms to severe symptoms and it can be challenging to know what to do. The chart below outlines how symptoms differ and what you might see with each condition, as well as recommendations for what to do in each situation.

This chart should not replace medical diagnosis. **For children who are not seriously ill**, it is recommended to contact your child's medical provider first to determine if you should seek medical care, what to do if symptoms are not improving or to provide a medical excuse for school.

SYMPTOMS	ALLERGIES	COLD	FLU	COVID-19
Symptoms begin	Gradually	Gradually	Suddenly: 1 to 4 days after exposure	2 to 14 days after exposure; typically after 5 days.
Symptoms last	Throughout allergy season	4 to 10 days	5 to 7 days	Varies by person
Symptoms get worse with time			x	x
Body or muscle aches		Rare	x	x
Chills		Rare	x	x
Cough	x	Sometimes	x	x
Tiredness/ Weakness	Sometimes	Sometimes	x	x
Earache	Sometimes	Sometimes	Sometimes	Sometimes
Fever		Rare	x	x
Headache	x	Rare	x	x
Itchy or watery eyes	x			
Loss of taste or smell				x
Nausea/Vomiting/ Diarrhea			Sometimes	x
Runny nose	x	x	Sometimes	x
Stuffy nose	x	x	Sometimes	x
Sneezing	x	x	Sometimes	x
Sore throat	x	x	Sometimes	x
Shortness of breath or difficulty breathing	Rare	Rare	Rare	x

## IF YOU HAVE THESE SYMPTOMS

1. If your child has a known history of allergies, follow the action plan recommended by your child's medical provider.
2. If your child does not have a known history of allergies, consider an antihistamine such as Claritin, Zyrtec or Benadryl.

*If allergy symptoms do not improve with the above, contact your provider for medical advice.*

1. Stay home.
2. Contact your child's provider for medical advice.

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2. Distance from others in the house, if possible.
3. Get tested for COVID-19.
4. Continue to isolate and remain home until you are able to get tested and until you get your result.

*Many children with COVID-19 experience no symptoms. If your child has had close contact with someone with COVID-19, it's important to stay home and distance from others in order to help protect those who are at high risk for severe illness from the virus (i.e. grandparents).*

x = symptom is typical for this illness.

# How to get tested for *COVID-19*

If your child has COVID-19 symptoms or has had close contact with someone who has been diagnosed with COVID-19, go online to **MyPrevea.com** to start the screening process.

## When to seek *emergency medical attention*

For children who are seriously ill with any of the following signs, seek emergency medical care immediately:

- Trouble or fast breathing
- Bluish lips or face
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- New confusion
- Not alert or interacting when awake
- Seizures
- Fever above 104°F; or any fever in children less than 12 weeks old

This list is not all possible symptoms. Call your child's medical provider for any other symptoms that are severe or concerning to you. Call 911 or call ahead to your local emergency facility to let the operator know if you are seeking care for someone who has or may have COVID-19.

For more resources about COVID-19 and other illnesses, visit [prevea.com](http://prevea.com) or [cdc.gov](http://cdc.gov).

