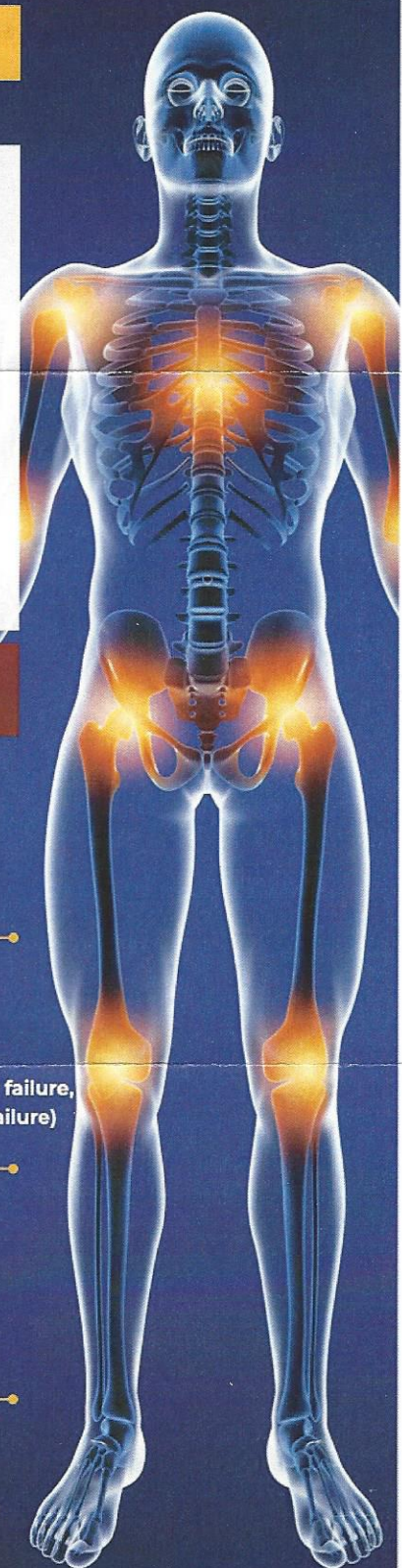


COVID-19 (CORONAVIRUS), FLU, COLD?

As the number of COVID-19 cases rise, some key differences set COVID-19 apart from the seasonal flu and the common cold – mainly the intensity of the symptoms and the recovery period. A guide at identifying the differences in the three conditions.

All three however, are spread by air-borne respiratory droplets and contaminated surfaces.

COMMON COLD	SEASONAL FLU	COVID-19
ONSET: GRADUAL	ONSET: ABRUPT	ONSET: SUDDEN
SYMPTOMS <ul style="list-style-type: none"> • Runny or stuffy nose • Sneezing • Sore throat 	SYMPTOMS <ul style="list-style-type: none"> • Fever • Dry cough • Muscle ache • Fatigue • Headache • Sore throat • Runny or stuffy nose 	SYMPTOMS <ul style="list-style-type: none"> • Fever • Dry cough • Muscle ache • Fatigue
LESS COMMON SYMPTOMS <ul style="list-style-type: none"> • Low grade fever • Muscle or body ache • Headache • Fatigue 	LESS COMMON SYMPTOMS <ul style="list-style-type: none"> • Diarrhea • Vomiting 	LESS COMMON SYMPTOMS <ul style="list-style-type: none"> • Headache • Coughing up blood • Diarrhea • Sore throat • Sinus congestion
WHAT THIS MEANS If you have a stuffy/runny nose or are sneezing, you likely DO NOT have coronavirus.		
INCUBATION: 2-3 days	INCUBATION: 1-4 days	INCUBATION: 1-14 days May go up to 24 days
COMPLICATIONS: Extremely rare	COMPLICATIONS: 1% cases (including pneumonia)	COMPLICATIONS: 5% cases (acute pneumonia, respiratory failure, septic shock, multiple organ failure)
RECOVERY: 1 week For most cases; may last as long as 10 days	RECOVERY: 1 week (mild cases); 2 weeks (severe cases)	RECOVERY: 2 weeks (mild cases); 2-6 weeks (severe cases)
TREATMENT OR VACCINE: No treatment, but doctors advise treating symptoms	TREATMENT OR VACCINE: An annual seasonal flu vaccine is available	TREATMENT OR VACCINE: No vaccines or anti-viral drugs available; symptoms can be treated



KIDS AND COVID-19

CORONAVIRUS, COLD OR FLU?

As the number of COVID-19 cases rise, some key differences set COVID-19 apart from the seasonal flu and the common cold – mainly the intensity of the symptoms and the recovery period. All three, however, are spread by air-borne respiratory droplets and contaminated surfaces. **Regular handwashing with soap or use of hand sanitizers is the best way to prevent spread of viral infections.**

COMMON COLD

ONSET: **GRADUAL**

SYMPTOMS

- Runny or stuffy nose
- Sneezing
- Sore throat

LESS COMMON SYMPTOMS

- Low grade fever
- Muscle or body ache
- Headache

SEASONAL FLU

ONSET: **ABRUPT**

SYMPTOMS

- Fever
- Dry cough
- Muscle ache
- Fatigue
- Headache
- Sore throat
- Runny or stuffy nose

LESS COMMON SYMPTOMS

- Diarrhea
- Vomiting

COVID-19

ONSET: **SUDDEN**

SYMPTOMS

- Fever
- Dry cough
- Muscle ache
- Fatigue

LESS COMMON SYMPTOMS

- Sneezing
- Sore throat
- Diarrhea



FEVER, HEADACHE



DRY COUGH

WHAT THIS MEANS

If your child is sneezing, has a sore throat and diarrhea, your child likely **DOES NOT** have coronavirus.

INCUBATION:
2-3 days

COMPLICATIONS:
Extremely rare

RECOVERY:
1 week

most cases; may last as long as 10 days

TREATMENT OR VACCINE:
No vaccine, but doctors advise treating symptoms

INCUBATION:
1-4 days

COMPLICATIONS:
1% cases
(including pneumonia)

RECOVERY:
1 week

(mild cases); 2 weeks (severe cases)

TREATMENT OR VACCINE:
Annual seasonal flu vaccine is available

INCUBATION:
1-14 days

may go up to 24 days

COMPLICATIONS:
5% cases

(acute pneumonia, respiratory failure, septic shock, multiple organ failure)

RECOVERY:
2 weeks

(mild cases); 2-6 weeks (severe cases)

TREATMENT OR VACCINE:
No vaccines or anti-viral drugs available; symptoms can be treated



MUSCLE ACHE, FATIGUE

Vulnerable pediatric populations: Children with diabetes, asthma, cancer, or any chronic respiratory disease.



MONTANA CHILDREN'S
KALISPELL REGIONAL HEALTHCARE

IS YOUR CHILD EXPERIENCING SYMPTOMS? Call (406) 890-7272 or go to www.krhcareanywhere.org.