

Is it a Cold, the Flu, Allergies, or COVID-19?

GREAT QUESTION.

Symptoms for each illness appear similar, making it challenging to determine what your child may be dealing with. To help you navigate your child's symptoms, we've compiled a quick reference guide.

SYMPTOMS	ALLERGIES	COLD	FLU	COVID-19	RSV
Fever	Never	Rare	Usual, high (100-102°F) for 3-4 days	Common	Sometimes
General Aches and Pains	Never	Slight	Usual and often severe	Common	Uncommon
Headache	Uncommon	Uncommon	Common	Common	Sometimes
Fatigue and Weakness	Sometimes	Sometimes	Usual and can last up to 3 weeks	Common	Uncommon
Extreme Exhaustion	Never	Never	Usual, at the start of the illness	Common	Uncommon
Stuffy or Runny Nose	Common	Common	Sometimes	Common	Common
Sneezing	Usual	Usual	Sometimes	Rarely	Sometimes
Sore Throat	Sometimes	Common	Sometimes	Common	Uncommon
Cough	Sometimes	Common	Common, sometimes severe	Common with a dry cough	Common
Chest Discomfort	Rare	Mild to moderate	Common	Common	Common, wheezing
Loss of Taste or Smell	Rarely	Rarely	Rarely	Common	Rarely



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