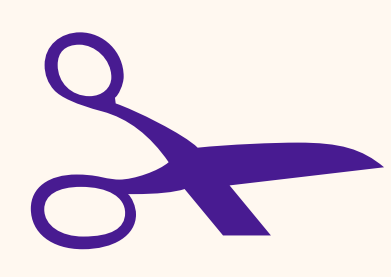


# Sick Kid? How to Spot Cold, Flu, COVID-19 Symptoms

It can be tricky to tell the difference, especially in kids, but flu and COVID-19 symptoms are usually more intense and can pose serious health risks. Stay prepared this cold and flu season from October to April with this symptom guide.



## Cold, Flu, or COVID-19?

Signs and Symptoms	Cold	Flu	COVID-19
Onset	Gradual	Sudden	Gradual to Sudden
Fever	Rare	Common: 100°F to 104°F	Common
Shortness of Breath	Rare	Rare	Common
Loss of taste or smell	Rare	Rare	Common
Headache	Rare	Common	Common
Fatigue, Weakness	Mild	Moderate to severe	Severe
Aches, Pains	Mild	Severe	Severe
Chills	Rare	Common	Moderate to Severe
Sneezing, Sore Throat, Runny or Stuffy Nose	Common	Sometimes	Sometimes
Cough	Mild to moderate	Common: Dry and severe	Common: Dry and severe
Chest Discomfort	Mild to moderate	Severe	Severe
Nausea, Vomiting	Rare	Common in children	Rare
Duration	Typically 5-10 days	Typically 1-2 weeks	1-2 weeks for mild cases, +6 weeks for severe

## Protect Your Child

- ✦ **Hygiene Matters:** Teach handwashing, covering coughs, and keeping them home if sick.
- ✦ **Seek Help:** Look for severe symptoms like trouble breathing or high, persistent fever.
- ✦ **Get Vaccinated:** Annual flu and COVID-19 shots can help keep your child safe & reduce spread in schools.

## Free Telehealth for Your Child

Through our school, students can access free telehealth visits from any connected device — at school or at home. Students can’t receive care without your consent, so please take 5 minutes to sign-up today at [getstarted.hazel.co](https://getstarted.hazel.co). It’s 100% free, no matter your insurance or immigration status.