

## GENERAL ACADEMIC PEDIATRICS CoVID-19 Website Fact Sheet

### Is it a COLD or FLU or SEASONAL ALLERGIES or CORONA VIRUS (COVID-19)?

Many of us are very concerned about Corona Virus (COVID-19).

COVID-19 is a respiratory virus that starts with cold and flu-like symptoms.

Most young adults and children with COVID-19 infection experience only mild complaints (mild fever, sore throat, runny nose), while others can be very sick with a flu-like illness (high fever, chest congestion, shortness of breath).

**VERY FEW** young adults and children become very sick a flu-like illness (high fever, severe cough, chest congestion, shortness of breath).

Older adults and those with other conditions (diabetes, congestive heart failure, and/or lung disease) are at higher risk for severe illness.

The Centers for Disease Control and Prevention (CDC) website provides the most up-to-date and authoritative information that is available today.

It is important to recognize that the CoVID-19 infection, Seasonal Allergies, the Flu (Influenza) and the Common Cold are different.

Signs and Symptoms	COVID-19	SEASONAL ALLERGY	FLU	COLD
<b>Symptom onset</b>	Within 2-14 days of close contact with a person with confirmed or suspected COVID-19 infection. Contact with people from other countries, from states where this infection is more common, or on cruise ships where there is prolonged exposure to crowds, increases the risk of COVID-19 infection.			
		Gradual to sudden	Abrupt	Varies
<b>Fever</b>	Yes	No	Common, can be high fever	Rare
<b>Aches</b>	Uncommon	No	Usual	Slight
<b>Chills</b>	No	No	Common	Sometimes
<b>Fatigue, Weakness</b>	Yes	Yes	Mild to Moderate	Sometimes

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<b>Sneezing</b>	Yes	Yes	Common	Common
<b>Cough</b>	Yes, dry	Yes, dry	Yes, productive	Common
<b>Stuffy and runny nose</b>	Yes	Yes	Sometimes	Common
<b>Sore throat</b>	Yes	Itchy	Sometimes	Common
<b>Headache</b>	Noted in previous Corona viruses	Yes	Common	Rare
<b>Chest discomfort, pressure</b>	Yes	No	Common	Mild to moderate
<b>Trouble breathing</b>	Yes, with severe illness (pneumonia)	Sometimes, especially with asthma	Unusual	No

**If you have any of these complaints except chest discomfort/pressure or trouble breathing, but they are relatively mild:**

- Do NOT physically visit your doctor, an urgent care center, or an emergency room. You may call your doctor or request a telehealth visit, if your doctor's office can do that.
- If you are sneezing or coughing, cover your cough and sneeze and wear a facemask to protect others from respiratory droplets.
- Stay home (avoid public places and public transportation). Monitor your symptoms.
- Self-quarantine. Avoid contact with your pets and family members by isolating yourself in a designated room. Keep 6 feet of distance between yourself and others when you have to pass through common areas of the house. Ask your physician when you may come out of quarantine. If you are recovering from COVID-19 or another viral illness, you will still be infectious for days after you feel better.
- Wash your hands frequently with soap and water for 20 seconds.

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- Use a bathroom that no one else will use, if possible. If this is not possible, use your own toiletries and soap. Use a disposable paper towel when touching the toilet, the flush handle, faucets, and doorknobs. If you can, disinfectant the sink bowl and countertop with anti-infective wipes or spray after using the sink, to clean up splatter. These measure are to protect others.
- Wipe off "high-touch surfaces" using household cleaners that disinfect.
- Do not share your personal items.

### **If you have severe complaints (high fever, chest discomfort or pressure, difficulty breathing):**

- If your illness becomes worse – for instance, you feel chest discomfort or sense pressure in or on your chest, experience trouble breathing, or become confused: seek medical care quickly.
- Let your doctor's office know when you make appointment that you may have COVID-19.
- If you are going to an Emergency Room, Urgent Care facility, or the Health Department, let the person on the phone or the check-in person at the site know that your symptoms may be caused by COVID-19.
- If you are very sick and are calling 911, let EMT know that you may have COVID-19.

### **How you can protect yourself:**

- How this virus spreads is under investigation. We do know that like the flu virus, COVID-19 spreads by airborne respiratory droplets, by person-to-person contact, and by contact with surfaces recently contaminated by respiratory droplets.
- Protect yourself by these simple actions:
  - 1) Wash your hands often with soap and water – 20 seconds for a thorough wash.
  - 2) Avoid touching your eyes, nose and mouth, because this is how virus on your hands enters your body.
  - 3) Avoid close contact with sick people by:
    - Avoiding close personal contacts, even with friends and co-workers. Do not shake hands (elbow bump!) or touch others.
    - Avoiding crowds, non-essential air travel and cruise travel.
    - Keeping a 6 foot distance between you and other people if the virus is spreading in your community. In that way, respiratory droplets from others will fall to the ground before they reach the air that you breathe.
    - These measures are particularly important if you are at high risk (older adults; people with heart disease, lung disease or diabetes).
  - 4) Protect those most at risk:
    - Avoid personal contact. No handshaking or touching!
    - Wear a mask if you are sneezing or coughing. This will minimize your spreading any viruses by respiratory droplets.
    - Wash your hands before and after touching public surfaces (doorknobs, phones, keyboards).

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As we learn more, we will continuously update this information.

In the meantime, please use authoritative sources of information such as provided by the resources listed below, rather than use social media for education.

### **References:**

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.cdc.gov/flu/symptoms/symptoms.htm>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-disease-2019-vs-the-flu>

<https://www.bostonherald.com/2020/03/10/know-the-symptoms-coronavirus-flu-and-common-cold/>

<https://www.dw.com/en/coronavirus-symptoms/a-52233885>

[https://www.uptodate.com/contents/coronavirus-disease-2019-covid-19?search=covid%2019&source=search\\_result&selectedTitle=1~19&usage\\_type=default&display\\_rank=1](https://www.uptodate.com/contents/coronavirus-disease-2019-covid-19?search=covid%2019&source=search_result&selectedTitle=1~19&usage_type=default&display_rank=1)