



DOES MY CHILD HAVE FLU OR COVID?

	Seasonal Flu	Overlapping Qualities	COVID
Symptoms	<p>Fever more common in children</p> <p>Vomiting and diarrhea more likely in children than adults</p>	<p>Fever</p> <p>Cough/Shortness of breath</p> <p>Fatigue</p> <p>Sore throat</p> <p>Runny/Stuffy Nose</p> <p>Muscle Aches</p> <p>Headache</p> <p>Vomiting and diarrhea</p>	<p>Fever less common in young children</p> <p>Loss of taste or smell</p>
Incubation	1 - 4 days		2-14 days (peak approximately day 5)
Contagious	1 day before Peak 3 - 4 days Duration 7 days No asymptomatic shedding	1 - 2 days before	2 days before Duration ≤ 10 days Asymptomatic shedding common
How it spreads	Large droplets up to 6 ft Less by touching objects		Large droplets up to 6 ft Touching objects Easier to spread than flu
People at high risk of complications	Young children Children on aspirin	Older adults Pregnant Underlying conditions (including asthma)	MISC — occurs in few children after COVID infection
Prevention	Vaccine (2 doses the first year if started before age 9) Handwashing		No vaccine available at this time Wear masks (if over age 2) Hand washing

<https://www.cdc.gov/>

