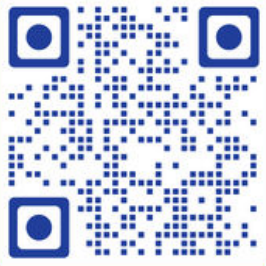


Respiratory Illnesses in Children



TIPS TO NAVIAGATE RESPIRATORY ILLNESSES:

Bring your child to Little Spurs Pediatric Urgent Care for all of their minor illnesses and injuries! Open seven days a week, Little Spurs treats children 0-21 years old.



Book Now

Wondering What to Do for Respiratory Illnesses?

We know that as parents, you never want your children to get sick. However, it happens! When it does, it is important to know how to evaluate your child's respiratory symptoms and when to take them to be seen by a medical provider. While regular colds and seasonal allergies are not typically a cause for alarm, some respiratory illnesses require medical attention. Babies, toddlers, and young children are especially vulnerable to colds and upper respiratory infections when they start spending more time around other children at daycare and in school. The three most common respiratory illnesses that we see in children, besides the common cold, are RSV (Respiratory Syncytial Virus), COVID-19, and Influenza.

Here are Tips on Distinguishing Between Common Respiratory Illnesses

- **Flu Symptoms:** May include fever, body aches and chills, headache, dry cough, fatigue, stuffy nose, and sore throat. Sometimes, children may throw up or have diarrhea as well. Typically, symptoms appear within 1-4 days after exposure to a sick individual.
- **COVID-19 Symptoms:** May include fever, cough, fatigue, muscle or body aches, congestion, shortness of breath, sore throat, headache, sneezing, vomiting/diarrhea, or loss of taste/smell. Typically, symptoms may appear within 2 to 14 days after exposure to the virus.
- **RSV Symptoms:** May include fever, cough, fatigue, stuffy nose, shortness of breath, sneezing, wheezing and grunting, poor feeding/no appetite. You may also notice their head bobbing or chest caving in between and under their ribs with each breath. Symptoms are typically the worst on days 3 through 5 and last about 7 to 14 days.

Taking precautions such as frequent hand washing, covering your cough, and steering clear of any sick friends/family are great places to start. However, even with precautions taken you can still catch a virus during cold and flu season. If you do, we are here for you! Open seven days a week, with afternoon and evening appointments available. Book online to skip the wait and reserve your spot in line.



PEDIATRIC Urgent Care