

# Is it a cold, or COVID?

## Upper Respiratory Illnesses and Children

### Possible causes of upper respiratory infections:

- COVID-19
- Common Cold (Rhinovirus)
- Influenza
- RSV (respiratory syncytial virus)
- Adenovirus
- Enterovirus

### COVID-19 Symptoms:

**Any one or more of:** fever or chills, cough, shortness of breath, decreased or loss of taste or smell.

**Two or more of:** runny nose/ nasal congestion, sore throat, headache, achy muscles/joints, gastrointestinal symptoms (vomiting or diarrhea), extreme fatigue.

### Other Respiratory Symptoms (less likely to be COVID-19):

**Only one of:** runny nose/ nasal congestion, sore throat, headache, achy muscles/joints, gastrointestinal symptoms (vomiting or diarrhea), extreme fatigue.

**Any number of:** abdominal pain, pink eye, decreased or no appetite.

### What to do if your child has symptoms of an upper respiratory infection:

Anyone who is feeling sick or has any new symptoms of illness should **stay home when sick**. This means staying home until:

- Symptoms have been improving for 24 hours (or 48 hours if symptoms include vomiting and/or diarrhea)
- They do not have a fever, and
- They do not develop any new symptoms

For 10 days following symptom onset or positive test (whichever came first), take **additional precautions following COVID-19 symptoms, a positive COVID-19 test result, or close contact exposure** including:

- Wear a well-fitted mask in all public settings (including school and child care)
- Avoid non-essential activities where you need to take off your mask (music, sports, dining out)
- Avoid visiting anyone who is immunocompromised or at higher risk of illness (e.g. seniors)
- Avoid visits to high risk settings (long-term care homes, hospitals)
- Close contacts including household contacts are no longer required to self-isolate but they are recommended to take these additional precautions for 10 days from their last exposure to the individual with symptoms of COVID-19 or a positive COVID-19 test.

**Individuals who are asymptomatic but test positive for COVID-19** do not need to self-isolate, but they should follow the above noted additional precautions for 10 days following the positive test date.

**Individuals who are immunocompromised** should isolate for at least 10 days from symptom onset or positive test result, whichever came first, and until they no longer have a fever and their symptoms are improving for at least 24 hours (or 48 hours if symptoms include vomiting and diarrhea).

If symptoms worsen, if fever lasts more than 5 days or if symptoms do not improve after one week have your child assessed by a health care professional. If your child develops severe symptoms including shortness of breath go to your nearest Emergency Room for assessment immediately.

### COVID Information

For further information on current COVID-19 testing eligibility, COVID prevention measures, COVID-19 vaccination, and COVID case management please visit the Algoma Public Health website at: [algomapublichealth.com/COVID-19](https://www.algomapublichealth.com/COVID-19)

Screen for COVID-19 before attending school or child care. To self-screen visit: [covid-19.ontario.ca/school-screening/](https://covid-19.ontario.ca/school-screening/)