

Need respiratory care? Know where to go!

Respiratory symptoms can sometimes look the same. When your child isn't feeling well, you want to help them find relief, fast! Learn the common symptoms for cold, flu and other respiratory illnesses and where to go for treatment.

	Common symptoms	Primary care or virtual care	Urgent care	Emergency department
Cold/Flu/RSV	Runny nose, congestion, cough, mild fever, body aches, slightly decreased intake of fluids	1 First, call your primary care office to check availability	2 Available when you can't see your primary care doctor: Open 11 a.m.-10 p.m., daily	3 When in respiratory distress (wheezing/pneumonia/croup with severe breathing problems), or concern for moderate to severe dehydration
COVID-19	Fever, cough, chest pain, loss of taste/smell, changes in skin (discolored areas on feet/hands), sore throat, nausea, vomiting, belly pain, diarrhea, chills, muscle aches/pain, extreme fatigue, severe headache, nasal congestion	1 First, call your primary care office to check availability	2 Available when you can't see your primary care doctor: Open 11 a.m.-10 p.m., daily	3 When in respiratory distress (wheezing/pneumonia/croup with severe breathing problems), or concern for moderate to severe dehydration
Strep throat	Red/sore throat, fever, white spots on back of throat/tonsils/tongue, swollen/tender neck glands, bright red tongue, trouble swallowing, tiny red spots on roof of mouth, mild headache, red sandpaper-like rash on body, sleeping more than usual, stomach ache, poor appetite, nausea/vomiting	1 First, call your primary care office to check availability	2 Available when you can't see your primary care doctor: Open 11 a.m.-10 p.m., daily	3 When in respiratory distress (wheezing/pneumonia/croup with severe breathing problems), or concern for moderate to severe dehydration



Stop for hand hygiene

How to wash your hands:

- Wet your hands with clean, running water
- Apply soap and lather
- Rub your hands together for at least 20 seconds; remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails
- Rinse well
- Dry your hands with a clean towel or air-dry them

Be a germ-fighter hero!

- **Feeling sick?** Mask up to protect all.
- **Space matters.** Keep distance when needed.
- **Hands off.** Don't spread germs by touching your face.
- **Cover up.** Catch sneezes with tissues, then toss them.
- **Wash hands.** Use soap and suds up for at least 20 seconds.
- **Be clean.** Regularly disinfect whatever you touch.
- **Rest well.** Stay home and seek medical care if needed.

