



5 Common Winter Illnesses in Children

	Symptoms	Average Duration	Treatment
RSV	<ul style="list-style-type: none"> Coughing Runny nose Fever Congestion Wheezing Rapid breathing Apnea in infants (pause in breathing) 	2 weeks	<ul style="list-style-type: none"> No medication Nasal suction and saline Hydration
Flu	<ul style="list-style-type: none"> Sudden Onset of Symptoms High fever Coughing Runny nose Congestion Body aches Mild conjunctivitis (red/irritated eyes) Possible vomiting/diarrhea 	1-2 weeks	<ul style="list-style-type: none"> Tamiflu within 48 hours Rest Hydration
Common Cold	<ul style="list-style-type: none"> Runny nose Congestion Coughing Sore throat Possible fever 	5-14 days	<ul style="list-style-type: none"> No cold medications (especially for children under age 6) Nasal suction and saline Rest
Strep Throat	<ul style="list-style-type: none"> Sudden Onset of Symptoms Sore throat Trouble swallowing Fever Stomach pain Headache 	Resolves within a day of treatment	Antibiotics
Stomach Flu	<ul style="list-style-type: none"> Vomiting Diarrhea Stomach pain Mild fever Headache Fatigue 	1-5 days	<ul style="list-style-type: none"> No medications except Zofran for frequent vomiting Hydration Rest