

# Parents' Guide to Colds, COVID-19 and the Flu



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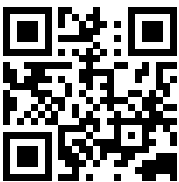
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## WHERE TO FIND CARE

Your health is a priority.

Even during a pandemic, it's important that you and your family continue to get regular health checkups, screenings, and seek medical attention in an emergency. BJC has virtual options if you wish to remain at home.

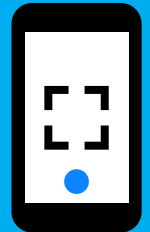
BJC HealthCare is here for you with the information you need to stay safe. By working together, we can limit the spread of the flu and COVID-19.



## SCAN ME

Use your phone's camera to scan the code for the latest information on COVID-19.

[bjc.org/coronavirus-info](https://bjc.org/coronavirus-info)


















# IS IT A COLD, THE FLU, COVID-19 OR ALLERGIES?

With the pandemic still present in our communities – and with cold and flu season upon us, not to mention allergies – it can be difficult to distinguish between these symptoms. The only way to know for sure is to get tested.

Take a look at the differences and similarities among the flu, colds, COVID-19 and seasonal allergies, courtesy of the CDC.

## Symptom Checker

 Common
  Sometimes
  Rare

SYMPTOMS	Coronavirus	Flu	Cold	Seasonal Allergies
 COUGH				
 FATIGUE				
 RUNNY OR STUFFY NOSE				
 HEADACHES				
 SORE THROAT				
 FEVER				
 BODY ACHES				
 SNEEZING				
 SHORTNESS OF BREATH				
 DIARRHEA				
 LOSS OF TASTE OR SMELL				

# COVID-19 TESTING

Protecting you and your family from the unnecessary spread of COVID-19 includes knowing where to seek appropriate medical treatment. Learn more by visiting [bjc.org/coronavirus-testing](https://bjc.org/coronavirus-testing).

It's not recommended that you go to the emergency room for testing unless you or your child are experiencing serious symptoms, such as shortness of breath or severe pain or if the symptoms progressively worsen.



## Know Before You Go COVID-19 Testing for Kids

### No symptoms or mild symptoms



Hours vary by site. Appointments and pre-registration required at some locations.

Testing available for patients not experiencing symptoms but need a test to return to school or attend an event. Type of tests varies by location. Check with your local public health department for details.



**South County**  
314.454.6340  
**O'Fallon, MO**  
636.696.4790  
**Edwardsville**  
618.800.4610

Hours vary by office. Call office directly to schedule an appointment.

Hours vary by location. Evening & weekend hours available.

7 days a week from 7 a.m. to 7 p.m.

Mon - Fri:  
5 - 11 p.m.  
Weekends:  
Noon - 11 p.m.  
Call ahead for prescreening.

Pediatrician may either test your child at the office or order a test at a COVID-19 testing site. Result availability varies by location.

COVID-19 testing available for anyone 2+ years of age. Results are typically available within 1-3 days.

Virtual visits are available for anyone 2+ years of age. Provider can order a COVID-19 test at one of the BJC Medical Group drive-through collection sites. Results available within 1-2 days.

COVID-19 testing available for children of all ages. Results are typically available within 1-3 days.

### Mild or moderate symptoms

### Severe symptoms



24 hours a day, 7 days a week

Rapid COVID-19 testing available. Results may take longer than normal due to increased volumes in our emergency room.

Adults have an average of 2-3 colds per year, and children may have at least 6-8 colds per year. So how do you know if your child has a common cold or if they should be tested for COVID-19? Children who develop COVID-19 typically experience mild symptoms. However, they can still pass the virus on to others, so it may be important to get them tested.



### Get tested for COVID-19

Consult your child's pediatrician or primary care provider or use the guidance below to determine if your child should be tested for COVID-19.

- If your child is experiencing COVID-19 symptoms like a very runny nose, cough, shortness of breath, or body aches, get them tested
- 5-7 days after being exposed to anyone who has tested positive for COVID-19, get them tested
- If your child has underlying health conditions such as asthma or heart conditions, speak to their doctor about when and if they should be tested

## COVID-19 TESTS

### What does “close contact” or exposed mean?

Close contact or exposed to COVID-19 means your child has been within six feet of someone who is showing signs of COVID-19 for at least 15 minutes, or somebody who is showing no symptoms, but later tests positive for the virus. If your child is identified as a close contact, you should follow testing and quarantine guidance from the school or daycare.

### What types of tests are available?

BJC uses two basic types of tests to detect active COVID-19 infection – the polymerase chain reaction (PCR) test or the antigen test.

**PCR Tests:** Typically take longer to process but are more accurate at detecting the presence of the virus.

- Available at most BJC drive-through testing centers, Washington University Children’s After Hours clinics and in the hospitals

**Antigen Test (also known as the Rapid Test):** While not as accurate as the PCR test at detecting when the virus is present, the antigen test is very accurate at showing when someone is negative for the virus and can provide results more quickly than the PCR-based test.

- Available at most BJC Medical Group Convenient Care locations and Washington University Children’s After Hours clinics



## KEEPING MY FAMILY SAFE

### How can I keep my family safe if my child has symptoms?

- **Monitor the child** for worsening symptoms. If the child's symptoms are getting worse, call their pediatrician or family doctor.
- **Keep other household members and pets** away from the symptomatic child as much as possible. Use a separate bedroom and bathroom if possible.
- **Stay home** until you talk to your doctor to determine if testing is needed for other household members, or the symptoms are gone. If you need to go out, stay at least 6 feet away from other people.
- **Limit any visitor** who does not have an essential need to be in the home.
- **Practice frequent hand washing** with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60-95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Avoid touching** your eyes, nose and mouth with unwashed hands.
- **Mask the symptomatic child** when they need to be around other household members. If the child is unable to wear a mask (for example, because it causes trouble breathing), the caregiver should wear a mask when in the same room.
- **Wear a disposable mask and gloves** when you have contact with the child, such as when you are helping move or clean them. Throw out the gloves and face masks after each use. Do not reuse.
- **Don't share** dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with the symptomatic child. After the child uses these items, wash them thoroughly.
- **Use a household cleaning spray** or wipe surfaces, according to label instructions. Follow all precautions on the label.

#### What's the difference between quarantine and isolation?

**Quarantine** if you have been exposed to COVID-19.

**Isolate** if you have tested positive for COVID-19 even if you do not have any symptoms.

## COVID-19 VACCINE

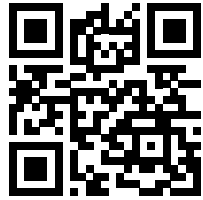
### Can my child get the COVID-19 vaccine?

Although fewer children have been infected with COVID-19 compared to adults, children can still become infected, get sick from the virus and spread it to others. Getting a vaccine can help protect your child from getting COVID-19 and spreading it to others. It also reduces any time your child would need to spend in quarantine if they're exposed to someone with COVID-19. Visit [bjc.org/coronavirus-info](https://bjc.org/coronavirus-info) for the most up-to-date information on guidelines for COVID-19 vaccinations and children under age 18.

### Schedule a COVID-19 Vaccination

The safest, most effective path to a more normal life is through a COVID-19 vaccine. It is estimated up to 85% of our community must be vaccinated before we reach the level of "herd immunity" needed to relax infection prevention measures like wearing masks, avoiding crowds and social distancing.

There is no charge to receive the COVID-19 vaccine. However, if you have insurance – including Medicare, Medicaid or private insurance – we will bill insurance for administration of the vaccine.



SCAN ME  
to schedule your  
vaccination.

[bjc.org/covid19-vaccine](https://bjc.org/covid19-vaccine)





## FLU SHOTS

Receiving a flu shot helps keep you and your community healthy. As hospitals and health care providers continue to care for patients with COVID-19, it's even more important that we work together to reduce the number of flu cases this season. **THANKS FOR DOING YOUR PART BY GETTING A FLU SHOT!**



## FREQUENTLY ASKED QUESTIONS

### Who should get a flu shot?

The Centers for Disease Control and Prevention (CDC) recommends that all individuals 6 months and older be vaccinated against flu each year.

### If I received the COVID-19 vaccine, do I need a flu shot this year, since they are both viruses?

Yes, influenza and COVID-19 are different viruses, requiring different vaccines to protect you.

### How far apart do I need to schedule my flu, COVID-19 or other childhood vaccines?

Your flu, COVID-19, and any other standard childhood vaccine can be received in any order, with no need to space them apart. Most importantly, get vaccinated.

### Can the flu shot make me sick or give me the flu?

No. The flu shot is made from an inactivated virus that can't cause an infection. The flu shot can cause a sore arm. People who get sick with flu right after receiving a flu vaccination were likely going to get sick anyway from a recent exposure to someone with the flu. It takes about two weeks to get protection from the vaccine. But people assume that because they got sick after getting the vaccine, the flu shot caused their illness. The flu shot also only protects against influenza, so you can still get a cold after you get the vaccine.

For more FAQs go to: [bjc.org/flushots](https://bjc.org/flushots)





## KNOW BEFORE YOU GO TO THE ER

Whenever an illness or injury occurs, you have to decide how serious it is and where to seek medical treatment. You may need a higher level of care and immediate treatment. Or, for minor injuries or illnesses, you may be able to receive effective treatment with virtual care or a walk-in clinic.

## Know Before You Go

### Find treatment for common injuries & illnesses



 <b>Primary Care Doctor</b>	 <b>Virtual Care</b>	 <b>Convenient Care</b>	 <b>Emergency Room</b>
<p>Routine or preventative care to evaluate general health concerns and common illnesses.</p> <p><b>Hours vary by location</b></p> <ul style="list-style-type: none"><li>• Mild or moderate COVID-19 symptoms</li><li>• Allergies and sinus infections</li><li>• Asthma</li><li>• Headaches and migraines</li><li>• Management of high blood pressure, diabetes, etc.</li></ul>	<p>On-demand, same day care for treatment of common conditions without leaving your home.</p> <p><b>7 days a week from 7 a.m. to 7 p.m.</b></p> <ul style="list-style-type: none"><li>• Mild or moderate COVID-19 symptoms</li><li>• Allergies and sinus symptoms</li><li>• Minor injuries</li><li>• Back and joint pain</li><li>• Urinary symptoms</li></ul>	<p>Reserve your spot online or walk in for treatment of minor injuries or illnesses.</p> <p><b>Hours vary by location</b> <b>Evening &amp; weekend hours available</b></p> <ul style="list-style-type: none"><li>• Mild or moderate COVID-19 symptoms</li><li>• Allergies and sinus symptoms</li><li>• Minor injuries</li><li>• Vaccinations</li><li>• X-ray</li></ul>	<p>Reserve your spot online or walk in for treatment of serious injuries or treatments.</p> <p><b>24 hours a day, 7 days a week</b></p> <ul style="list-style-type: none"><li>• Severe COVID-19 symptoms</li><li>• Loss of consciousness</li><li>• Seizures</li><li>• Severe pain</li><li>• Shortness of breath or chest pain</li><li>• Stroke symptoms</li></ul>

**Call 911 immediately if someone is experiencing life-threatening conditions like a heart attack, stroke or is unresponsive.**



# BJC HealthCare



BJC HealthCare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Atención: hay servicios de asistencia de idiomas disponibles a su disposición sin costo. Llame al 314-273-1487 (TTY: 1-800-735-2966).

注意：免费提供语言协助服务，如有需要敬请致电 314-273-1487 (TTY: 1-800-735-2966)。