

Winter Illness Guide

<i>Illness</i>	<i>Symptoms</i>	<i>How Long It Lasts</i>	<i>Treatment/Home Care</i>	<i>Vaccine Availability</i>	
Bronchitis	<ul style="list-style-type: none"> Cough Aches Chills Headache Runny nose 	<ul style="list-style-type: none"> Sore throat Shortness of breath Wheezing Watery eyes 	2 weeks; cough may last several months	At home care using tips below	None
Cold	<ul style="list-style-type: none"> Congestion Cough Runny nose 	<ul style="list-style-type: none"> Sore throat Possible fever Sneezing 	5 to 14 days	At home care using tips below	None
COVID-19	<ul style="list-style-type: none"> Body aches Chills Cough Diarrhea Fatigue Fever 	<ul style="list-style-type: none"> Headache Loss of smell/taste Nausea/vomiting Shortness of breath Stuffy/runny nose 	1 to 2 weeks	Wisconsinites 18 and older can participate in the state's COVID-19 Treatment Telehealth program by visiting dhs.wisconsin.gov/covid-19/telehealth.htm	Multiple vaccines for those age 6 months and up
Flu	<ul style="list-style-type: none"> High fever Chills Cough Runny nose Congestion 	<ul style="list-style-type: none"> Body aches Fatigue Headache Sore throat 	1 to 2 weeks	Tamiflu prescribed by your doctor within 48 hours of starting symptoms At home care using tips below	Multiple vaccines for those age 6 months and up
RSV	<ul style="list-style-type: none"> Cough Runny nose Fever Congestion 	<ul style="list-style-type: none"> Wheezing Rapid breathing Sneezing 	2 weeks	At home care using tips below	None
Stomach Flu	<ul style="list-style-type: none"> Vomiting Diarrhea Stomach pain 	<ul style="list-style-type: none"> Mild fever Headache Fatigue 	1-5 days	At home care using tips below	A vaccine for babies protects against rotavirus, a type of stomach flu
Strep Throat	<ul style="list-style-type: none"> Sore throat Trouble swallowing 	<ul style="list-style-type: none"> Fever Stomach pain Headache 	Within 1 day of treatment	Antibiotics prescribed by your doctor	None

At home care tips:

- Drink plenty of liquids
- Rest
- Nasal suction and saline if congested
- Humidifier for respiratory illnesses
- Over the counter medications such as ibuprofen or Tylenol as directed by your doctor

Sources:

- Children's Hospital Los Angeles
- Children's Health Texas
- Johns Hopkins Medicine
- Mayo Clinic
- Nemours Kids Health