Trees are budding and flowers are blooming which also means…spring allergies! At the same time, all eyes continue to be on the spread of COVID-19 and we’re still in the midst of active flu season.

As with any illness, exact symptoms can vary from person to person, so it’s important to call your pediatrician or primary care doctor if you have specific concerns or your symptoms seem to be getting worse. Here’s some help decoding the symptoms you and your kids might be experiencing.

**COVID-19**

*Incubation period: 1-14 days*

- Common symptoms:
  - Fever
  - Dry cough
  - Shortness of breath
  - Difficulty breathing
  - Fatigue

- Sometimes:
  - Runny or stuffy nose
  - Body aches
  - Sore throat

**Flu**

*Incubation period: 1-4 days*

- Common symptoms:
  - Fever/chills
  - Cough
  - Sore throat
  - Fatigue
  - Body aches
  - Headache
  - Loss of appetite

- Sometimes:
  - Runny or stuffy nose

**Allergies**

*Incubation period: n/a*

- Common symptoms:
  - Sneezing
  - Congestion
  - Runny or stuffy nose
  - Itchy/watery eyes

Allergy symptoms typically only affect parts of the head and are not accompanied by fever.