



Your child may be tested for Covid, Influenza A, Influenza B and RSV today.

Your provider will talk to you more about your child's specific situation.

For children who have any of the above illnesses, we always encourage rest and lots of fluids. You may use acetaminophen (Tylenol) for fever and/or discomfort if needed. For children over six months old, ibuprofen (Motrin/Advil) is also an option. For nasal congestion, saline spray, nasal suctioning, and steam exposure- like sitting in the bathroom with the hot water on- can all be helpful. For children over one year old, honey is the best remedy for coughing.

We recommend re-evaluation if your child's symptoms are worsening or if you have concerns about their breathing or ability to drink fluids.

Below is specific advice about what to do if any of the tests come back positive. Depending on how busy the clinic is, your child's results may come back during or after the visit. Be sure that you are signed up for the CNPA Patient Portal as this is how we will send you the results. Please make sure that the pharmacy we have on file is correct in case we need to send any medications.

If your child's COVID-19 result is positive:

COVID-19 is a viral illness with no specific treatment for children. Your child may stop isolation 10 days after symptom onset, 24 hours of no fever without fever-reducing medications, and when other symptoms are improving.

There is a rare condition that can present in the 4-6 weeks after infection: Multisystem Inflammatory Syndrome in Children (MIS-C). See this website for more information:
kidshealth.org/en/parents/pmis.html

If your child's Influenza A or Influenza B result is positive:

The seasonal flu (influenza) can cause mild to severe illness. The flu usually comes on very suddenly. Fever with influenza infection may last several days and the illness usually lasts about 5-7 days.

There **is** specific treatment available for influenza – it is an antiviral called Tamiflu (generic name is oseltamivir). It is most effective when started as soon as possible after symptoms start. The goal of the antiviral medication is to decrease the duration of illness and decrease the severity. The medication is not always needed, especially if it has been more than two days since symptoms started. A common side effect of the medication is nausea and vomiting.

Please call if your child's symptoms worsen, they have fever that lasts more than five days total or if you have other concerns.



If your child's RSV result is positive:

RSV often causes an illness called “bronchiolitis.” RSV bronchiolitis starts as a cold for 1-3 days but then develops into a persistent cough that may last 2-3 weeks. In younger babies, especially those born prematurely, they sometimes develop wheezing and fast breathing. There is no specific treatment for RSV.

Please call if your child is struggling to breathe or breathing fast, not drinking well, not urinating at least four times per day, or if you have other concerns.

Sometimes children may have multiple viruses at the same time.

Toddlers and infants who have multiple viral infections at the same time may have more severe illness than if they had only one virus.

How can I protect my family from the flu, COVID-19 and RSV?

Fortunately, there are safe and effective vaccines for both the flu and COVID-19. Children ages five and older can get the [COVID-19 vaccine](#) and children ages six months and older can get a [flu shot](#).

There is a vaccine for RSV, but it is only for babies and children that have compromised immune systems. Since the RSV virus travels and lives on surfaces, washing your hands often and keeping infants away from children and adults who are exhibiting common cold symptoms can be extremely helpful. Breastfeeding and avoiding second-hand smoke also show natural benefits to possibly preventing RSV.