



## Better Today. Healthier Tomorrow.

Health tips, patient stories and news you can use to champion children.

### Is it a cold, the flu, or COVID-19? Hear from our expert.

It's cold and flu season until March. With COVID-19 continuing to spread, you need to know the symptoms of the cold, flu, and COVID-19 and steps to take if you or someone in your family gets sick. In our recent "meet the experts" video, [Dr. Rebecca Cantu](#) breaks down each illness for you.

This year, [getting a flu shot](#) and practicing other safety measures are the two most important steps you can take to prevent illness. Many of the COVID-19 guidelines in place are also helpful in preventing the spread of the flu. Masking, hand washing and simply staying at home, even during the holiday season, and especially when you don't feel well, are all ways to prevent the spread of germs.

[Hear More From Dr. Cantu](#)

	COMMON COLD	FLU	COVID-19
Virus/Cause	Rhinovirus Spread by human contact	Influenza Virus Spread by human contact	Novel Coronavirus Spread by human contact
Common Symptoms	Cough, headache, runny/stuffy nose, sneezing, sore throat	Fever, fatigue, muscle aches/pain, cough (usually dry), headache, runny/stuffy nose, sore throat, upset stomach, especially in kids	Loss of taste/smell, shortness of breath/difficulty breathing, fever, fatigue, cough, muscle aches/pain, runny/stuffy nose, sore throat, diarrhea
Most at Risk for Serious Illness	Immunocompromised	Young kids, adults 65+, pregnant women, immunocompromised, those with underlying health conditions	Older adults 65+, immunocompromised, those with underlying health conditions
Diagnosis	Does not require a doctor's diagnosis	Doctor can diagnose with a swab test	Doctor can diagnose with swab test
Treatment	Over the counter meds	Over the counter meds and prescribed antivirals	Over the counter meds recommended by your doctor
Prevention	Wash hands often. Avoid people who are sick. Avoid touching your face.	Get your flu shot! Wash hands often. Avoid people who are sick. Avoid touching your face.	Wear a mask. Stay 6 ft from others. Wash hands often. Avoid people who are sick. Avoid touching your face.

[Click here to save our quick reference guide \(pictured above\) comparing the symptoms.](#)

### More Ways You Can Champion Children



#### Be Careful with Toys! Kids and Button Batteries Don't Mix.

Letting your child play with the TV remote might seem harmless, but the button battery inside is actually very dangerous if swallowed. These batteries are about the size of a nickel and are also found in a lot of those holiday toys you may be buying this year.

Once swallowed, the battery can get stuck in the child's throat, potentially causing an emergency. [Symptoms to watch for...](#)

#### Advice for Caregivers: One Mom's Reflections

"I have worn many hats during my life. One hat I never anticipated wearing was caregiver. At least not in the way I wear it now.

And COVID-19 has added more challenges – how do we manage health emergencies, priorities and isolation in the middle of a pandemic? For all the caregivers out there, you are not alone." [Get more advice from Amber Leonard...](#)



### Give the Gift of a Healthier Tomorrow

You can help give kids at Arkansas Children's a brighter holiday season and a healthier tomorrow. Kids like Abigail and Kendryck, siblings who are both fighting cancer at Arkansas Children's. Abigail was 8 years old when she was diagnosed. Little Kendryck was just 3.

Your gift today will help provide expert cancer care for children, like Abigail and Kendryck, who are spending their holidays at Arkansas Children's. Thank you for being a true champion for children!

[DONATE NOW](#)



### Navigating Cystic Fibrosis: Terry's Journey to CF Land

Terry Gene Wright wasn't diagnosed with **cystic fibrosis** (CF) until he was 54 years old. Terry is now 58, but like many other children with CF, he has had his share of seeing doctors and receiving a lot of medical care. In his book, *Terry's Journey to CF Land: Navigating the Adventures of Cystic Fibrosis*, Terry goes on his own adventures to help children on the journey. Often times, children with cystic fibrosis experience many emotions, especially when hospitalized, which can also be difficult for parents and caregivers. This book explores those feelings and how to make certain that children are receiving the best care, support, and resources along the way. [Explore Terry's Book...](#)

