

COVID-19, FLU, COLD, OR ALLERGIES?

LEARN HOW TO TELL THE DIFFERENCE!

COVID-19



FLU



COLD



ALLERGIES



Symptoms begin within 5 days of exposure

Symptoms begin abruptly

Symptoms begin gradually

Symptoms begin gradually

Symptoms vary but can last an indeterminate period depending on the person.

Symptoms last 5-7 days

Symptoms last 3-10 days

Symptoms are seasonal

SYMPTOMS

	COVID-19	FLU	COLD	ALLERGIES
Body aches	Sometimes	✓	✓	—
Chills	Sometimes	✓	Less Common	—
Dry cough	✓	✓	Sometimes	✓
Exposure to germs	✓	✓	✓	—
Fatigue/Weakness	✓	✓	Sometimes	Sometimes
Fever	✓	✓	Less Common	—
Headaches	Sometimes	✓	✓	✓
Itchy eyes	—	—	—	✓
Nasal Congestion/Runny Nose	Less Common	✓	✓	✓
Nausea/Vomiting/Diarrhea	—	Less Common	Less Common	Less Common
Sneezing	Sometimes	Sometimes	✓	✓
Sore throat	Sometimes	Sometimes	✓	Sometimes
Shortness of breath	✓	✓	Less Common	Sometimes
Sudden loss of taste or smell	✓	Sometimes	Sometimes	Less Common

Play it safe. Get your flu shot and if you have been exposed to someone sick:

Stay home and away from others • Monitor symptoms • See your provider/get tested • If you go out, make sure to socially distance yourself from others and wear a mask • Cover coughs and sneezes • Wash hands with soap and water often • Use hand sanitizer and disinfect often-touched surfaces • Rest • Stay hydrated • Treat symptoms

***PLEASE SEEK MEDICAL ATTENTION RIGHT AWAY IF THESE SYMPTOMS DEVELOP INTO THE FOLLOWING EMERGENCY WARNING SIGNS**

Blue lips or skin tone | Chest pressure | Difficulty breathing | Difficulty stirring