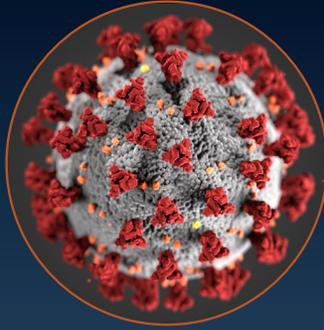


Distinguishing the Difference: COVID-19 vs. Allergies vs. Flu

Coronavirus: A large family of viruses that cause illness ranging from the common cold to more severe respiratory diseases. The viruses are transmitted between animals and people.



COVID-19: A mutated version of the coronavirus – called ‘novel.’ It was first detected in China in November 2019. The World Health Organization declared COVID-19 a pandemic in March 2020. While COVID-19 is no longer a global health emergency, it is still considered a pandemic.

	COVID-19	ALLERGIES	FLU
SPREAD AND SYMPTOMS	 <ul style="list-style-type: none"> • Spread person-to-person • Fever • Cough • Shortness of breath • Chills (sometimes with shaking) • Sore throat • Nasal congestion or runny nose • Muscle or body aches • Fatigue • Headache • New loss of taste or smell (in some people) • Nausea, vomiting or diarrhea • Symptoms tend to last 1-2 weeks 	<ul style="list-style-type: none"> • Not spread • No fever • Nasal congestion or runny nose • Sneezing • Coughing • Itchy, watery, red eyes • Itchy, sensitive skin, rash or hives – sometime swelling • Headache • Fatigue • Symptoms can last through allergy season 	<ul style="list-style-type: none"> • Spread person-to-person • Fever • Cough • Sore throat • Chills (sometimes with shaking) • Nasal congestion or runny nose • Muscle or body aches • Headache • Fatigue • Nausea, vomiting or diarrhea • Symptoms tend to last 3-4 days
PREVENTION	 <ul style="list-style-type: none"> • Get the COVID-19 vaccine and boosters • Avoid exposure whenever possible • Keep 6 feet separation if you or others have COVID-19 • Wear a face mask if you have COVID-19 or if community levels of COVID-19 are high • Clean and disinfect frequently touched surfaces • Wash your hands often (soap or hand sanitizer) • Avoid touching your eyes, nose and mouth 	<ul style="list-style-type: none"> • Avoid your allergy triggers • If you’re not sure what your triggers are, ask your doctor about allergy testing • Medicate for allergies before your pollen season or a potential exposure 	<ul style="list-style-type: none"> • Get the flu vaccine • Avoid close contact with others who are sick • Cover your mouth and nose if around other people who are sick • Clean and disinfect frequently touched surfaces. • Wash your hands often (soap or hand sanitizer) • Avoid touching your eyes, nose and mouth
TREATMENT	 <ul style="list-style-type: none"> • Call your doctor right away if you test positive for COVID-19 • Antiviral drugs can reduce risk of severe illness if taken within 5 days of onset of symptoms • Take over-the-counter medicines to reduce fever • Get plenty of rest • Stay hydrated – drink plenty of water • If symptoms are severe, go to the ER or hospital 	<ul style="list-style-type: none"> • Take prescribed or over-the-counter allergy medications • Antihistamines • Decongestants • Corticosteroid nasal sprays • Allergen immunotherapy (allergy shots or tablets) • Nasal wash/rinse 	<ul style="list-style-type: none"> • Call your doctor if you’re at high risk for flu complications • Antiviral drugs may be an option if taken within 5 days of flu onset • Take over-the-counter medicines to reduce fever • Get plenty of rest • Stay hydrated – drink plenty of water • If symptoms are severe, go to the ER or hospital (most people with flu don’t need to go to the ER or hospital)

What to do if you are sick?

- Call your doctor and discuss your symptoms and/or potential exposure to COVID-19. Your doctor may recommend you take a COVID-19 test.
- Stay home except to get medical care. Separate yourself from others in your home (if possible).
- Wear a high-quality face mask when around other people.
- Cover your cough and sneezes, or cough into your elbow.
- Improve ventilation at home to prevent viruses from spreading to others.
- Follow evidence-based guidance from CDC and other credible sources.
- Monitor your symptoms and follow your doctor’s instructions.
- Seek immediate medical attention if you have severe symptoms, including difficulty breathing or chest pain.

