

# IS IT CORONAVIRUS (COVID-19), THE FLU, A COLD, OR SEASONAL ALLERGIES?

ALL 4 CAN LOOK VERY SIMILAR, MAKING IT HARD TO TELL THE DIFFERENCE

Use this Chart to help you decide when to seek care for your symptoms.

	CORONAVIRUS (COVID-19)	THE FLU	A COLD	SEASONAL ALLERGIES
<b>WHAT ARE THE TYPICAL SYMPTOMS?</b> <small>*more common in children than adults</small> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; display: inline-block;">                     Keep in mind: It's possible to have these conditions without experiencing every symptom.                 </div>	Cough  Shortness of breath  Fever	Aches Chills Cough Diarrhea* Fatigue Fever Headaches Runny nose Sore throat Stuffy nose Vomiting*	Cough Fever (rare) Mucus dripping down your throat (post-nasal-drip) Runny nose Sneezing Sore throat Stuffy nose Watery eyes	Itchy eyes Runny nose Sneezing Stuffy nose Watery eyes
<b>HOW LONG DOES IT TAKE FOR SYMPTOMS TO APPEAR AFTER EXPOSURE?</b>	2 to 14 days	1 to 4 days	1 to 3 days	Immediately
<b>HOW LONG DO SYMPTOMS LAST?</b>	Undetermined	3 to 7 days	7 to 10 days	As long as you're exposed to allergens

## If you start to feel sick, try not to panic or assume the worst.

- Coronavirus shares some of the same symptoms caused by the flu and colds, including fever and cough.
- Remember, we're still in the midst of cold and flu season, plus seasonal allergies are starting to kick in. If you're feeling sick, one of those conditions is still the most likely cause.
- For most people who are otherwise healthy, coronavirus does not cause serious health problems.

## When should you seek care for coronavirus?

When you have a fever of 100.4 °F or higher, shortness of breath/difficulty breathing or a cough, call your doctor's office or start a Virtual Visit or eVisit.