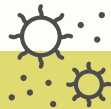




ALLERGIES vs. COLD vs. FLU vs. COVID-19

NOT SURE WHAT'S MAKING YOU FEEL AWFUL?
THIS SYMPTOM COMPARISON MAY HELP.

SEASONAL ALLERGIES



SYMPTOMS

Common:

Itchy eyes, ears, mouth, nose and throat; nasal congestion; runny nose; sneezing; watery eyes; wheezing

Also possible:

Dry cough, headache and fatigue

Onset

Sudden, when you are exposed to an allergen

Duration

Lasts as **long as you come in contact** with your allergy trigger(s)



SYMPTOMS

Common:

Nasal congestion, runny nose, sneezing, scratchy throat

Also possible:

Cough, headache, mild muscle aches, sore throat and fatigue

Onset

Comes on gradually, usually two to three days after being exposed to the virus

Duration

A **few days** to a **week**



COLD



ALLERGIES VS. COLD VS. FLU VS. COVID-19



SYMPTOMS

FLU

Common:

Aches and pains, chills, cough, fatigue, fever (not everyone with the flu develops fever), headache

Also possible:

Nasal congestion, sore throat, vomiting and diarrhea (in children)

Onset

Usually appears **suddenly**

Duration

Approximately a week or longer, though people at high risk can become seriously ill



SYMPTOMS*

Cough, fever, shortness of breath, chills, muscle pain, sore throat, recent loss of smell or taste, and nausea, vomiting, or diarrhea

*This is not an all-encompassing list. Not everyone experiences all known symptoms. Some people with the virus may be asymptomatic.

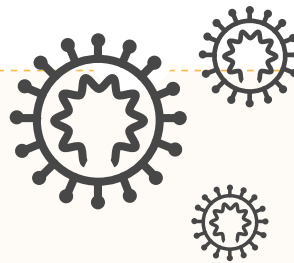
Onset

Within **two to 14 days** of exposure

Duration

Up to two weeks; longer if the disease is severe (based on preliminary data)

COVID-19



IF YOU CONTRACT COVID-19, YOU MAY BE CONTAGIOUS 24 TO 48 HOURS BEFORE YOU EXHIBIT SYMPTOMS.