















# Cold, Flu, Allergies, or COVID-19?

## KNOW THE SYMPTOMS

		COVID-19	COLD	FLU	SEASONAL ALLERGIES
	<b>Onset of symptoms</b>	Gradual onset then sudden escalation in severity	Gradual onset	Abrupt onset	Abrupt onset (during change of seasons)
	<b>Severity of symptoms</b>	Range from mild to severe	Mild	Range from mild to severe	Mild
	<b>Length of symptoms</b>	7-25 days	<14 days	7-14 days	Often spans several weeks or "season"
	<b>Loss of smell and taste</b>	Common	Rare	Rare	Rare
	<b>Shortness of breath</b>	Sometimes (can be severe)	Not common*	Not common*	Not common*
	<b>Cough</b>	Common (usually dry)	Common (mild)	Common (usually dry)	Not common
	<b>Sneezing</b>	Not common	Common	No	Common
	<b>Runny or stuffy nose</b>	Not common	Common	Sometimes	Common
	<b>Sore throat</b>	Sometimes	Common	Common	Sometimes
	<b>Fever</b>	Common	Rare (low grade)	Common	No
	<b>Fatigue</b>	Sometimes	Sometimes (mild)	Common	Sometimes
	<b>Headaches</b>	Sometimes	Sometimes (related to sinus pain)	Common	Sometimes (related to sinus pain)
	<b>Body aches</b>	Sometimes	Sometimes (mild)	Common	No
	<b>Diarrhea</b>	Sometimes	No	Sometimes	No

\* Allergies, colds, and flu can trigger people with asthma, leading to shortness of breath.