

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

All four can look very similar, making it hard to tell the difference. Use the chart below to help you decide when to seek care for your or your child's symptoms.

	<b>CORONAVIRUS (COVID-19)</b>	<b>THE FLU</b>	<b>A COLD</b>	<b>SEASONAL ALLERGIES</b>
<p><b>What are the most common symptoms?</b></p> <p>Keep in mind: You may have one or all of these symptoms.</p>	Fever Cough Shortness of breath or difficulty breathing Chills Repeated shaking with chills Muscle pain Headache Sore throat New loss of taste or smell	Aches Chills Cough Diarrhea (loose poop)* Fatigue Fever Headaches Runny nose Sore throat Stuffy nose Vomiting*	Cough Fever* 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
<p><b>How long does it take for you to have symptoms after you are exposed?</b></p>	2 to 14 days	1 to 4 days	1 to 3 days	Right away
<p>How long do symptoms last?</p>	Not known	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 think the worst.

- Coronavirus shares some of the same symptoms caused by the flu and colds, including fever and cough.
- Remember, seasonal allergies are widespread.
- For most people who are normally healthy, coronavirus does not cause serious health problems.

## How to seek care for coronavirus:

For more mild symptoms, keep yourself and others safe by getting medical care from the comfort of home via a telehealth visit. If you need help, visit: [equalitycarecenter.com](https://www.equalitycarecenter.com) or call 602-889-9401.

**If your symptoms are life-threatening, call 911 immediately.**

Current as of May 1, 2020