

Cold, Flu, Allergies, or COVID-19?

KNOW THE SYMPTOMS

	COVID-19	COLD	FLU	SEASONAL ALLERGIES
Onset of Symptoms	Gradual onset then sudden escalation in severity	Gradual onset	Abrupt onset	Abrupt onset (during change of seasons)
Severity of Symptoms	Range from mild to severe	Mild	Range from mild to severe	Mild
Length of Symptoms	7 - 25 days	<14 days	7 - 14 days	Often spans several weeks or "season"
Loss of Taste and Smell	Common	Rare	Rare	Rare
Shortness of Breath	Sometimes (can be severe)	Not common*	Not common*	Not common*
Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Not common
Sneezing	Not common	Common	Sometimes	Common
Runny Nose or Stuffy Nose	Not common	Common	Sometimes	Common
Sore Throat	Sometimes	Common	Common	Sometimes
Fever	Common	Rare (low grade)	Common	No
Fatigue	Sometimes	Sometimes (mild)	Common	Sometimes
Headaches	Sometimes	Sometimes (related to sinus pain)	Common	Sometimes (related to sinus pain)
Body Aches	Sometimes	Sometimes (mild)	Common	No
Diarrhea	Sometimes	No	Sometimes	No

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