# YOUR SYMPTOM GUIDE:

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

Whether you're sneezing, coughing, or feeling achy, sometimes it's difficult to know what's causing your symptoms. Here's what you need to know to help set your mind at ease and get back to feeling your best.



## FIGHTING THE FLU

With similar symptoms ranging from none to severe, it's easy to mistake the flu for COVID-19. And while both are caused by viruses, one of the tell-tale signs of the flu is that it tends to come on suddenly.



## COPING WITH COVID-19

COVID-19 affects different people in different ways. Symptoms can vary based on age and vaccine status. But most cases are mild and don't require special treatment.



## CATCHING A COLD

Compared with the flu and COVID-19, the common cold usually doesn't cause a fever and has milder symptoms.



## SURVIVING SEASONAL ALLERGIES

Symptoms for seasonal allergies don't include muscle or body aches. Another clue that it's your allergies acting up? You won't have a fever.

| | FIGHTING THE FLU | COPING WITH COVID-19 | CATCHING A COLD | SURVIVING SEASONAL ALLERGIES |
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| ONSET | Symptoms develop abruptly. | Symptoms may appear 2 to 14 days after exposure to the virus. | Symptoms tend to develop slowly. | Symptoms come and go with the seasons (usually appearing in spring, late summer, and fall). |
| DURATION | Less than 2 weeks. | A few days to a week (for most people). | About 7 to 10 days. | Several weeks. |
| SYMPTOMS | Coughing, sore throat, runny or stuffy nose, headaches, muscle or body aches, fatigue, fever or chills, vomiting, diarrhea (more common in children). | Fever or chills, coughing, fatigue, muscle or body aches, headaches, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. | Runny or stuffy nose, sneezing, sore throat, coughing, slight body aches. | Runny or stuffy nose; sneezing; coughing; itching in the eyes, nose, mouth, and throat; headaches; watery eyes; pressure in the nose and cheeks; difficulty smelling. |
| CARE TIPS | Stay at home, rest, drink a lot of fluids, and avoid interacting with other people. If you're very sick or have a high risk for flu complications, your doctor may prescribe an antiviral medication to help ease your symptoms. | Stay home and away from other people. Rest and drink a lot of fluids. See if over-the-counter (OTC) medicines help you feel better. If you have a high risk for COVID-19 complications, antiviral treatments are available. | Stay hydrated and get plenty of rest. Taking OTC medicines can help manage your symptoms. | The best way to cope is by avoiding the allergens that trigger your symptoms. If needed, you can purchase OTC nasal sprays and other allergy medicines. |