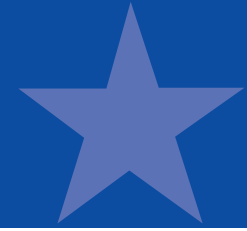


DO I HAVE COVID-19, THE FLU, A COLD, OR ALLERGIES?



Compared with the flu (influenza), COVID-19 (a type of Coronavirus) can sometimes cause more severe illness. Additionally, people infected with COVID-19 may take longer to show symptoms and may be contagious for longer periods of time. However, it is difficult to tell the difference

between flu and COVID-19 based on symptoms alone. Flu, COVID-19, other respiratory viruses that can cause what is often referred to as a common cold, and seasonal allergies can each produce many of the same signs and symptoms.

	COVID-19 (Coronavirus) ¹	Flu ¹	Other Common Respiratory Viruses (Cold) ²	Airborne Allergies ³
Common Symptoms (You may have 1 or more of these symptoms)	<ul style="list-style-type: none"> • Fever or chills • Cough • Shortness of breath or difficulty breathing • Fatigue (tiredness) • Muscle or body aches • Headache • New loss of taste or smell • Sore throat • Congestion or runny nose • Nausea or vomiting • Diarrhea 	<ul style="list-style-type: none"> • Fever or chills • Cough • Sore throat • Runny or stuffy nose • Muscle or body aches • Headaches • Fatigue (tiredness) • Vomiting and diarrhea (more common in children than adults) 	<ul style="list-style-type: none"> • Aches • Fatigue (tiredness) • Sneezing • Chest discomfort • Cough • Runny or stuffy nose • Sore throat 	<ul style="list-style-type: none"> • Runny or stuffy nose • Itchy or watery eyes
Number of Days After Infection or Exposure That Symptoms Present	Typically, 2 to 5 days, and up to 14 days after	1 to 4 days after	1 to 3 days after	Day 1
Number of Days Symptoms Can Last	Variable	3 to 7 days	7 to 10 days	As long as exposure to allergen(s) continues

Regardless of your symptoms, please stay home when you feel sick in order to prevent the spread of disease. Know your employer's policies and procedures when reporting sick or for testing requirements.

To determine an accurate diagnosis, specific testing is required. Some testing options may be able to test for multiple different viruses with a single sample. People with flu and COVID at the same time can have more severe disease than people with either flu or COVID alone. Additionally, some people with COVID may also be affected by post-COVID conditions (also known as long COVID).¹

If you or someone you are caring for are showing life-threatening symptoms, call 911 immediately.

For more information, please visit the Eisenhower Health Community Health Information page at <https://eisenhowerhealth.org/resources/community-health/>

1. Symptoms of COVID-19. (2022, October 26). Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
2. Cold Versus Flu. (2022, September 29). Centers for Disease Control and Prevention. <https://www.cdc.gov/flu/symptoms/coldflu.htm>
3. Is It Flu, COVID-19, Allergies, or a Cold? (2022, January). NIH News in Health. <https://newsinhealth.nih.gov/2022/01/it-flu-covid-19-allergies-or-cold>

