

Learn the Difference Between COVID-19, Allergies, and Flu

*Snapshot of most common symptoms

COVID-19

ALLERGIES

FLU

How is it spread? What are the Symptoms?*



• Spread person-to-person

- Spread from contact with contaminated surfaces or objects
- Fever
- Cough
- Shortness of breath

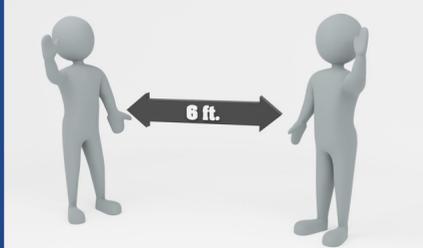
• Do Not Spread

- Itchy, runny nose, sneezing
- Itchy, watery eyes (Redness)
- Itchy, sensitive skin, rash or hives (Swelling)
- Shortness of breath, cough, wheeze, chest tightness

• Spread person-to-person

- Fever/Chills
- Cough, sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue

How do you minimize your risk?



- Wash your hands (20 seconds)
- Use hand sanitizer with at least 60% alcohol.
- Keep social distance (6 ft. apart)
- Cover your mouth and nose with a cloth face cover when in public
- Cover coughs and sneezes with the inside of your elbow or with a tissue
- Clean and disinfect frequently touched surfaces daily
- Stay home if possible
- Avoid exposure whenever possible

- Avoid your allergy triggers
- If you're not sure what your triggers are, ask about allergy testing
- Medicate for allergies before pollen season or potential exposure

- Get the flu vaccine
- Avoid close contact with others
- Stay home when you are sick
- Wash your hands (20 seconds)
- Cover coughs and sneezes with the inside of your elbow or with a tissue
- Clean and disinfect frequently touched surfaces daily
- Avoid touching your eyes, nose and mouth

What should I do if I have symptoms?



- Stay away from others
- Call your doctor if you think you were exposed
- Stay home except to get medical care
- Limit contact with pets
- Call 911 if you have medical emergency

- Take prescribed or over-the-counter allergy medication
- Allergy Shots
- Allergy Tablets
- Nasal wash/rinse
- Immunotherapy where prescribed

- Stay home and rest
- Contact your doctor early if you're at high risk
- Treat the symptoms
- Most people don't need to go to the emergency room
- Antiviral medicine may be an option for some people



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