














# COVID-19: UNDERSTAND YOUR SYMPTOMS

|   | COVID-19*<br>[Symptoms range from mild to severe] | COLD<br>[Symptom onset is gradual] | FLU<br>[Symptom onset is abrupt] | ALLERGIES<br>[Seasonal; symptom onset is abrupt]  |
|---|---|------------------------------------|----------------------------------|---|
|  Length of Symptoms           | 7 - 25 Days                                       | Less than 14 Days                  | 7 - 14 Days                      | Several Weeks                                     |
|  Cough                        | Common<br>Usually Dry                             | Mild                               | Common<br>Usually Dry            | Rarely<br>Usually Dry (unless it triggers asthma) |
|  Shortness of Breath          | Sometimes   | No**                               | No**                             | No**  |
|  Sneezing                     | No  | Common                             | No                               | Common  |
|  Runny or Stuffy Nose         | Rarely  | Common                             | Sometimes                        | Common  |
|  Sore Throat                 | Sometimes   | Common                             | Sometimes                        | Sometimes<br>Usually Mild                         |
|  Fever                      | Common  | Short Fever Period                 | Common                           | No  |
|  Feeling Tired              | Sometimes   | Sometimes                          | Common                           | Sometimes   |
|  Headaches                  | Sometimes   | Rarely                             | Common                           | Sometimes<br>Related to Sinus Pain                |
|  Body Aches                 | Sometimes   | Common                             | Common                           | No  |
|  Diarrhea                   | Rarely  | No                                 | Sometimes<br>(for Children)      | No  |
|  Chills/<br>Repeated Shakes | Sometimes   | No                                 | Sometimes                        | No  |
|  Loss of Taste or Smell     | Sometimes   | Rarely                             | Rarely                           | Rarely  |

\* Information is still evolving

\*\* Allergies, colds, and flu can all trigger asthma, which could lead to shortness of breath

Sources: Asthma & Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention

**If you have a fever of 100.4°F, cough, or trouble breathing:**

- (a) If this is a life threatening emergency, **call 911**.  
 (b) If this is not an emergency, call a doctor or urgent care **BEFORE** seeking care and explain your symptoms.



**For more information**

visit our website at  
[www.gchd.us/coronavirus](http://www.gchd.us/coronavirus)  
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