

How Can I Tell the Difference Between Coronavirus, the Flu, a Cold or Seasonal Allergies?

There are some similar symptoms between these conditions. This chart can help you figure out if you may be feeling symptoms of an allergy or a respiratory illness like Coronavirus. If you have a fever and a cough, contact your doctor.

Symptoms	Coronavirus* (COVID-19) <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>	Seasonal Allergies <small>Abrupt onset of symptoms</small>
 Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks
 Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)
 Shortness of breath	Sometimes	No**	No**	No**
 Sneezing	No	Common	No	Common
 Runny or stuffy nose	Rare	Common	Sometimes	Common
 Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)
 Fever	Common	Short fever period	Common	No
 Feeling tired and weak	Sometimes	Sometimes	Common	Sometimes
 Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)
 Body aches and pains	Sometimes	Common	Common	No
 Diarrhea	Sometimes	No	Sometimes for children	No

*Information is still evolving. **Allergies, colds and flus can all trigger asthma, which can lead to shortness of breath. COVID-19 is the only one associated with shortness of breath on its own. Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention. edited 3/27/20 • aafa.org/covid19

Both the flu & coronavirus can knock you off your feet. Allergies & a cold may make you feel tired, but they don't affect the whole body. **If you're experiencing symptoms of coronavirus call your medical provider immediately for advice.**

Asthma & Coronavirus

- It appears that individuals with asthma & other chronic lung disease may be at higher risk of developing severe symptoms resulting in hospitalization if they contract Coronavirus.
- It is very important to keep asthma under control. Continue to take your medications as prescribed. Uncontrolled asthma puts an individual at greater risk if they catch Coronavirus.
- As more studies show that people may have Coronavirus without showing symptoms, the CDC (Centers for Disease Control) now recommends that everyone wears a cloth face covering when out in public to prevent spreading the virus. You can make your own covering from scarves, bandanas, or other cloth materials. See link below: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf>
- It is also important to do the following:
 - Practice social distancing
 - Stay at home unless it is essential that you go out (such as for groceries or medical care)
 - Wash your hands often with soap & water
 - Avoid people with a cough, fever, or other signs of illness
 - Take you medicines as prescribed & keep your asthma under control
- If you have asthma and become ill with a fever or cough contact your medical provider right away. They will help you determine if you should go in to see them, seek emergency care, or stay at home.
- Seek emergency medical attention for any of the following warning signs:
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - Bluish lips or face
 - Confusion or inability to arouse

THERE IS NO TREATMENT FOR CORONAVIRUS AT THIS TIME, SO THE MOST IMPORTANT THING YOU CAN DO TO PROTECT YOURSELF IS TO STAY AT HOME.

We look forward to seeing our students when it becomes safe to return to school.

Judy Akin, RN, MS

Tammy Voss, RN, BSN

