<table>
<thead>
<tr>
<th>SEASONAL ALLERGIES</th>
<th>ONSET OF SYMPTOMS</th>
<th>SEASONALITY</th>
<th>SYMPTOMS</th>
</tr>
</thead>
</table>
| Quick Onset         | Differs depending on the allergen | - Stuffy/runny nose  
- Red, swollen eyes  
- Itchy eyes or nose  
- Sore throat |
|                    |                   | - Wheezing  
- Fatigue  
- Shortness of breath and cough (possible for those with asthma) |
|                    |                   | - Fever |

| COLD | Gradual Onset | Most occur during fall and winter, but can be year-round | - Runny nose  
- Sneezing  
- Mild headache  
- Sore throat  
- Aches and pains  
- Mild cough |
|      |               |                              | - Fatigue |
|      |               |                              | - Fever |

| STREP THROAT | Quick Onset | Can occur year-round with more cases in winter months | - Sore throat  
- Painful swallowing  
- Fever  
- Swollen lymph nodes |
|              |             |                                                  | - Headache  
- Rash  
- Nausea/vomiting (more common in children)  
- Aches |

| FLU | Quick Onset | Most occur in October through May | - Fever  
- Dry cough  
- Headache  
- Fatigue  
- Aches and pains (can be severe) |
|     |             |                                       | - Runny nose  
- Sore throat  
- Sneezing  
- Chest discomfort |
|     |             |                                       | - Nausea/vomiting /diarrhea |

| COVID-19 (Some people never develop symptoms) | Gradual Onset | Unknown | - Fever  
- Chills  
- Cough  
- Loss of taste or smell  
- More severe fatigue  
- Headache  
- Aches |
|                                                |               |         | - Runny nose  
- Sore throat  
- Shortness of breath  
- Congestion  
- Nausea/vomiting /diarrhea |
|                                                |               |         | - Multisystem Inflammatory Syndrome in Children (MIS-C)  
or Adults (MIS-A) |

If you feel sick, **contact your healthcare provider** for evaluation, treatment, and possible testing. Call **911** and get immediate medical attention if you have any medical emergency.

*VDH* VIRGINIA DEPARTMENT OF HEALTH

*Updated: 4/28/22*