VDH VIRGINIA DEPARTMENT OF HEALTH

# FEELING SICK?

*Comparing symptoms of ALLERGIES, COLD, STREP THROAT, FLU, and COVID-19*

| ✚ | ONSET OF SYMPTOMS | SEASONALITY | SYMPTOMS | | |
|---|---|---|---|---|---|
| | | | Common ♦♦♦ | Sometimes ♦♦◊ | Rare ♦◊◊ |
| **Seasonal Allergies** | **Abrupt** | Differs depending on the allergen | Runny Nose/stuffy nose Sneezing • Red, swollen eyes • Itchy eyes and nose | Wheezing, shortness of breath (more common for those with asthma) | Fever |
| **Cold** | **Gradual onset** | Most occur during fall and winter but can be year-round | Runny nose • Sneezing • Sore throat • Aches and pains • Mild cough | Fatigue | Fever Headaches |
| **Strep Throat** | **Abrupt** (sore throat) | Can occur year-round with increased cases in winter months | Sore throat • Painful swallowing • Fever • Swollen lymph nodes | Headache Rash | |
| **Flu** | **Quick onset** | Most occur October through May | Fever • Dry Cough • Headache • Fatigue | Runny Nose Sore throat Sneezing | Diarrhea |
| **COVID-19** | **Gradual** (2-14 days) | Unknown | Fever • Dry cough • Shortness of breath | Fatigue • Aches and pains • Headache • Sore throat • Chills | Nausea/Vomiting/ Diarrhea • Loss of taste or smell |

**Get immediate medical attention if you have any medical emergency. Call 911 if you have a medical emergency.**