



**VIRGINIA'S
HEALTH
IS IN OUR
HANDS.**
Do your part,
stop the spread

FEELING SICK?

COMPARING SYMPTOMS OF ALLERGIES, COMMON COLD, STREP THROAT, FLU, AND COVID-19



	ONSET OF SYMPTOMS	SEASONALITY	SYMPTOMS		
			Common 🌧️🌧️🌧️	Sometimes 🌧️🌧️	Rare 🌧️
 SEASONAL ALLERGIES	Quick Onset	Differs depending on the allergen	<ul style="list-style-type: none"> ▶ Stuffy/runny nose ▶ Red, swollen eyes ▶ Itchy eyes or nose ▶ Sore throat 	<ul style="list-style-type: none"> ▶ Wheezing ▶ Fatigue ▶ Shortness of breath and cough (possible for those with asthma) 	<ul style="list-style-type: none"> ▶ Fever
 COLD	Gradual Onset	Most occur during fall and winter, but can be year-round	<ul style="list-style-type: none"> ▶ Runny nose ▶ Sneezing ▶ Mild headache ▶ Sore throat ▶ Aches and pains ▶ Mild cough 	<ul style="list-style-type: none"> ▶ Fatigue 	<ul style="list-style-type: none"> ▶ Fever
 STREP THROAT	Quick Onset	Can occur year-round with more cases in winter months	<ul style="list-style-type: none"> ▶ Sore throat ▶ Painful swallowing ▶ Fever ▶ Swollen lymph nodes 	<ul style="list-style-type: none"> ▶ Headache ▶ Rash ▶ Nausea/vomiting (more common in children) ▶ Aches 	
 FLU	Quick Onset	Most occur in October through May	<ul style="list-style-type: none"> ▶ Fever ▶ Dry cough ▶ Headache ▶ Fatigue ▶ Aches and pains (can be severe) 	<ul style="list-style-type: none"> ▶ Runny nose ▶ Sore throat ▶ Sneezing ▶ Chest discomfort 	<ul style="list-style-type: none"> ▶ Nausea/vomiting/diarrhea (more common in children)
 COVID-19 (Some people never develop symptoms)	Gradual Onset	Unknown	<ul style="list-style-type: none"> ▶ Fever ▶ Chills ▶ Cough ▶ Loss of taste or smell ▶ More severe fatigue ▶ Headache ▶ Aches 	<ul style="list-style-type: none"> ▶ Runny nose ▶ Sore throat ▶ Shortness of breath ▶ Congestion ▶ Nausea/vomiting/diarrhea 	<ul style="list-style-type: none"> ▶ 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.

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