





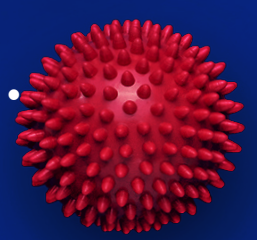

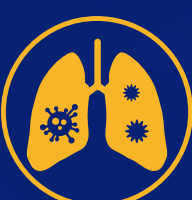


FEELING SICK?

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	Stuffy/runny nose • Red, swollen eyes • Itchy eyes or nose • Cough • Sore throat	Wheezing • Fatigue • 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 • Mild to moderate chest discomfort	Fever • Headache
	Strep Throat	Abrupt (sore throat)	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 (more common in children)
	COVID-19 (Some people never develop symptoms)	Gradual (2-14 days)	Unknown	Fever • Chills • Cough • Shortness of breath • Loss of taste or smell • Fatigue • Headache • Aches	Runny nose • Sore throat • Congestion • Nausea/vomiting/diarrhea (before respiratory symptoms)	Multisystem Inflammatory Syndrome in Children (MIS-C)

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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