













CORONAVIRUS vs. COLD vs. FLU vs. ALLERGIES

SYMPTOMS	COVID-19	COLD	FLU	ALLERGIES
 Fever	Common (measured at 100F or Higher)	Rare	High (100-102F), can last 3-4 days	No
 Headache	Sometimes	Rare	Intense	Sometimes
 Extreme Exhaustion	Sometimes (progresses slowly)	No	Common (starts early)	No
 General Aches/Pains	Sometimes	Slight	Common often severe	No
 Fatigue, Weakness	Sometimes	Slight	Common often severe	Sometimes
 Stuffy nose	Rare	Common	Sometimes	Common
 Sneezing	Rare	Common	Sometimes	Common
 Sore Throat	Rare	Common	Common	No
 Cough	Common	Mild to Moderate	Common can become severe	Sometimes
 Shortness of Breath	In more serious infections	Rare	Rare	Common
 Runny Nose	Rare	Common	Sometimes	Common
 Diarrhea	Sometimes	No	Sometimes	No

Days to show symptoms after exposure	2-14 days	1-3 days	1-3 days	Right Away
Average Recovery Period:	Current CDC Guidance: 10 days after symptoms appear	3-7 days	7-10 days	As long as you are exposed

Sources: CDC, WHO, National Institute of Allergy and Infectious Diseases, American College of Allergy, Asthma and Immunology.

