Is it coronavirus 2019 (COVID-19), the flu, a cold or seasonal allergies?

All 4 can look very similar, making it hard to tell the difference. Use the chart below to help you decide when to seek care for your symptoms.

<table>
<thead>
<tr>
<th>What are the most common symptoms?</th>
<th>Coronavirus (COVID-19)</th>
<th>The Flu</th>
<th>A Cold</th>
<th>Seasonal Allergies</th>
</tr>
</thead>
</table>
| Keep in mind: You may have 1 or all of these symptoms. | - Fever  
- Cough  
- Shortness of breath or difficulty breathing  
- Chills  
- Repeated shaking with chills  
- Muscle pain  
- Headache  
- Sore throat  
- New loss of taste or smell  
- Congestion or runny nose  
- Nausea or vomiting  
- Diarrhea | - Aches  
- Chills  
- Cough  
- Diarrhea*  
- Fatigue  
- Fever  
- Headaches  
- Runny nose  
- Sore throat  
- Stuffy nose  
- Vomiting* | - Cough  
- Fever*  
- Mucus dripping down your throat (post-nasal drip)  
- Runny nose  
- Sneezing  
- Sore throat  
- Stuffy nose  
- Watery eyes | - Itchy eyes  
- Runny nose  
- Sneezing  
- Stuffy nose  
- Watery eyes |

*more common in children than adults  
*rare

<table>
<thead>
<tr>
<th>When do symptoms show up once you have been exposed?</th>
<th>2 to 14 days after</th>
<th>1 to 4 days after</th>
<th>1 to 3 days after</th>
<th>Right away</th>
</tr>
</thead>
<tbody>
<tr>
<td>How long do symptoms last?</td>
<td>Not known</td>
<td>3 to 7 days</td>
<td>7 to 10 days</td>
<td>As long as you’re exposed to allergens</td>
</tr>
</tbody>
</table>

If you start to feel sick, try not to panic or think the worst.  
- Coronavirus shares some of the same symptoms caused by the flu and colds, including fever and cough.  
- Remember, it’s still cold and flu season and seasonal allergies are widespread.  
- For most people who are normally healthy, coronavirus does not cause serious health problems.

How to seek care for coronavirus:  
If you have a fever, cough, shortness of breath, or loss of smell and/or taste, stay home and isolate yourself from others as much as possible.

To find the best care, take our free COVID-19 risk assessment at AtriumHealth.org/Coronavirus or make an appointment with your primary care provider. Call their office or schedule online. Don’t have a doctor? Call 704-468-8888

If your symptoms are life-threatening, call 911 immediately.

For more information, visit AtriumHealth.org/Coronavirus  
Current as of January 4, 2021