

Is it coronavirus (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.

	Coronavirus (COVID-19)	The Flu	A Cold	Seasonal Allergies
<p>What are the most common symptoms?</p> <p>Keep in mind: You may have 1 or all of these symptoms.</p>	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Aches • Chills • Cough • Diarrhea* • Fatigue • Fever • Headaches • Runny nose • Sore throat • Stuffy nose • Vomiting* <p>*more common in children than adults</p>	<ul style="list-style-type: none"> • Cough • Fever* • Mucus dripping down your throat (post-nasal drip) • Runny nose • Sneezing • Sore throat • Stuffy nose • Watery eyes <p>*rare</p>	<ul style="list-style-type: none"> • Itchy eyes • Runny nose • Sneezing • Stuffy nose • Watery eyes
<p>When do symptoms show up once you have been exposed?</p>	2 to 14 days after	1 to 4 days after	1 to 3 days after	Right away
<p>How long do symptoms last?</p>	Not known	3 to 7 days	7 to 10 days	As long as you're exposed to allergens

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, its 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 call our 24/7 Health Line at 704-468-8888.

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

Current as of June 9, 2020