

# 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.

	Coronavirus (COVID-19)	The Flu	A Cold	Seasonal Allergies
<p><b>What are the most common symptoms?</b></p> <p>Keep in mind: You may have 1 or all of these symptoms.</p>	<ul style="list-style-type: none"> <li>• Fever</li> <li>• Cough</li> <li>• Shortness of breath or difficulty breathing</li> <li>• Chills</li> <li>• Repeated shaking with chills</li> <li>• Muscle pain</li> <li>• Headache</li> <li>• Sore throat</li> <li>• New loss of taste or smell</li> <li>• Congestion or runny nose</li> <li>• Nausea or vomiting</li> <li>• Diarrhea</li> </ul>	<ul style="list-style-type: none"> <li>• Aches</li> <li>• Chills</li> <li>• Cough</li> <li>• Diarrhea*</li> <li>• Fatigue</li> <li>• Fever</li> <li>• Headaches</li> <li>• Runny nose</li> <li>• Sore throat</li> <li>• Stuffy nose</li> <li>• Vomiting*</li> </ul> <p>*more common in children than adults</p>	<ul style="list-style-type: none"> <li>• Cough</li> <li>• Fever*</li> <li>• Mucus dripping down your throat (post-nasal drip)</li> <li>• Runny nose</li> <li>• Sneezing</li> <li>• Sore throat</li> <li>• Stuffy nose</li> <li>• Watery eyes</li> </ul> <p>*rare</p>	<ul style="list-style-type: none"> <li>• Itchy eyes</li> <li>• Runny nose</li> <li>• Sneezing</li> <li>• Stuffy nose</li> <li>• Watery eyes</li> </ul>
<p><b>When do symptoms show up once you have been exposed?</b></p>	2 to 14 days after	1 to 4 days after	1 to 3 days after	Right away
<p><b>How long do symptoms last?</b></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](https://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.

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For more information, visit [AtriumHealth.org/Coronavirus](https://AtriumHealth.org/Coronavirus)

