



## Feeling sick? Don't panic!



It is easy to jump to conclusions about COVID-19 if you are feeling sick, but other conditions may cause similar symptoms. This chart can help you understand the difference between COVID-19, a cold, flu and allergies. **Track your symptoms in the “My symptoms” column to share with your doctor.** [Call your doctor if you think you have symptoms of COVID-19 or the flu, or if you have been around someone who has tested positive or has symptoms of either condition.](#)

	COVID-19	FLU	COLD	ALLERGIES	
Incubation Period	2-14 days (Average 5 days)	1-3 days	1-4 days	N/A	
Symptom Onset	Varies	Abrupt	Gradual	Varies	
					MY SYMPTOMS
Fever/chills	Common	Common	Sometimes	No	
Cough	Common (Usually dry)	Common (Usually dry)	Sometimes	Sometimes	
Shortness of breath	Common	Uncommon	Uncommon	Uncommon	
Fatigue	Common	Common	Sometimes	Sometimes	
Weakness	Common	Common	Sometimes	No	
Aches and pain	Common	Common	Sometimes	No	
Headache	Common	Common	Sometimes	Sometimes	
Sore throat	Common	Common	Common	Sometimes	
Changes in taste or smell	Common (New loss)	Sometimes	Sometimes	Sometimes	
Stuffy nose	Common	Common	Common	Common	
Runny nose	Common	Common	Common	Common	
Sneezing	Rare	Sometimes	Common	Common	
Watery or red eyes	Sometimes	Sometimes	Sometimes	Common	
Nausea, vomiting or diarrhea	Sometimes	Sometimes	Uncommon	Sometimes	

This chart is to be used as a guide only, not as a diagnostic tool. Sources: American College of Allergy, Asthma and Immunology; Centers for Disease Control and Prevention; Morbidity and Mortality Weekly Report

**Go to the emergency room immediately if you have symptoms such as trouble breathing, chest pain or pressure that won't go away, or signs that you're not getting enough oxygen such as blue face, lips or finger nails, and confusion.**



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