

## Cold vs. Flu vs. Allergies vs. COVID-19

Symptoms	Cold	Flu	Allergies	COVID-19 (can range from moderate to severe)
Fever	Rare	High (100-102 F), Can last 3-4 days ✓	Never	Common
Headache	Rare	Intense ✓	Uncommon	Can be present
General aches, pains	Slight	Usual, often severe ✓	Never	Can be present
Extreme exhaustion	Never	Usual (starts early) ✓	Never	Can be present
Stuffy/runny nose	Common	Sometimes ✓	Common	Has been reported ✗
Sneezing	Usual	Sometimes ✓	Usual	Has been reported ✗
Sore throat	Common	Common ✓	Sometimes	Has been reported ✗
Cough	Mild to moderate	Common, can become severe ✓	Sometimes	Common
Shortness of breath	Rare	Rare	Rare, except for those with allergic asthma	In more serious infections



## How to Protect Yourself

Take these steps to prevent COVID-19:

- **Wash your hands** often, for at least 20 seconds each time, with soap and **water**.