

FEELING SICK?

COMPARING SYMPTOMS OF ALLERGIES, COMMON COLD, STREP THROAT, FLU, AND COVID-19



	ONSET OF SYMPTOMS	SEASONALITY	SYMPTOMS		
			Common	Sometimes	Rare
 SEASONAL ALLERGIES	Quick Onset	Differs depending on the allergen	▶ Stuffy/runny nose ▶ Red, swollen eyes ▶ Itchy eyes or nose ▶ Sore throat	▶ Wheezing ▶ Fatigue ▶ Shortness of breath and cough (possible for those with asthma)	▶ Fever
 COLD	Gradual Onset	Most occur during fall and winter, but can be year-round	▶ Runny nose ▶ Sneezing ▶ Mild headache ▶ Sore throat ▶ Aches and pains ▶ Mild cough	▶ Fatigue	▶ Fever
 STREP THROAT	Quick Onset	Can occur year-round with more cases in winter months	▶ Sore throat ▶ Painful swallowing ▶ Fever ▶ Swollen lymph nodes	▶ Headache ▶ Rash ▶ Nausea/vomiting (more common in children) ▶ Aches	
 FLU	Quick Onset	Most occur in October through May	▶ Fever ▶ Dry cough ▶ Headache ▶ Fatigue ▶ Aches and pains (can be severe)	▶ Runny nose ▶ Sore throat ▶ Sneezing ▶ Chest discomfort	▶ Nausea/vomiting/diarrhea (more common in children)
 COVID-19 (Some people never develop symptoms)	Gradual Onset	Unknown	▶ Fever ▶ Chills ▶ Cough ▶ Loss of taste or smell ▶ More severe fatigue ▶ Headache ▶ Aches	▶ Runny nose ▶ Sore throat ▶ Shortness of breath ▶ Congestion ▶ Nausea/vomiting/diarrhea	▶ Multisystem Inflammatory Syndrome in Children (MIS-C) or Adults (MIS-A)

If you feel sick, **contact your healthcare provider** for evaluation, treatment, and possible testing. **Call 911** and get immediate medical attention if you have any medical emergency.

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