

# Stop the Spread of COVID-19



**GET A VACCINE.**



**WEAR A MASK.**



**STAY HOME IF YOU'RE SICK.**



**WASH YOUR HANDS** often with soap and water for 20 seconds.



**USE HAND SANITIZER** with at least 60% ethyl alcohol or 70% isopropyl alcohol when handwashing is not available.



**STAY 6 FEET APART,** if possible.

## IS IT COVID-19, THE FLU, A COLD, ALLERGIES, OR ASTHMA?

Symptoms	Coronavirus <sup>†</sup> (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms	Asthma Gradual or abrupt onset of symptoms
Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks	Can start quickly or last for hours or longer*
Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)	Common (can be dry or wet/productive)
Wheezing	No	No**	No**	No**	Common
Shortness of breath or trouble breathing	Common	No**	No**	No**	Common
Chest tightness/pain	Sometimes	No**	No**	No**	Common
Rapid breathing	Rare	No**	No**	No**	Common
Sneezing	Rare	Common	No	Common	No***
Runny or stuffy nose	Common	Common	Sometimes	Common	No***
Sore throat	Common	Common	Sometimes	Sometimes (usually mild)	No***
Fever	Common	Short fever period	Common	No	No
Feeling tired and weak	Common	Sometimes	Common	Sometimes	Sometimes
Headaches	Common	Rare	Common	Sometimes (related to sinus pain)	Rare
Body aches and pains	Common	Common	Common	No	No
Diarrhea, nausea and vomiting	Common	Rare	Sometimes	No	No
Chills	Common	No	Sometimes	No	No
Loss of taste or smell	Common	Rare	Rare	Sometimes	No

If you have any cold or flu-like symptoms, talk with your doctor, get tested, and stay home. Your symptoms may vary. <sup>†</sup>Information is still evolving. Many people may not have symptoms. \*If your quick-relief medicine is not helping your asthma symptoms, or if you are in the Red Zone on your Asthma Action Plan, call your health care provider or seek medical attention immediately. \*\*Allergies, colds and flus can all trigger asthma which can lead to shortness of breath, chest tightness/pain and rapid breathing. COVID-19 is the only one associated with shortness of breath on its own. \*\*\*If you have allergic asthma, you may have symptoms of both asthma and allergies at the same time.

Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention. edited 7/25/22 • aafa.org/covid19