















Cold, Flu, Allergies, or COVID-19?

KNOW THE SYMPTOMS

		COVID-19	COLD	FLU	SEASONAL ALLERGIES
	Onset of symptoms	Gradual onset then sudden escalation in severity	Gradual onset	Abrupt onset	Abrupt onset (during change of seasons)
	Severity of symptoms	Range from mild to severe	Mild	Range from mild to severe	Mild
	Length of symptoms	7-25 days	<14 days	7-14 days	Often spans several weeks or "season"
	Loss of smell and taste	Common	Rare	Rare	Rare
	Shortness of breath	Sometimes (can be severe)	Not common*	Not common*	Not common*
	Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Not common
	Sneezing	Not common	Common	No	Common
	Runny or stuffy nose	Not common	Common	Sometimes	Common
	Sore throat	Sometimes	Common	Common	Sometimes
	Fever	Common	Rare (low grade)	Common	No
	Fatigue	Sometimes	Sometimes (mild)	Common	Sometimes
	Headaches	Sometimes	Sometimes (related to sinus pain)	Common	Sometimes (related to sinus pain)
	Body aches	Sometimes	Sometimes (mild)	Common	No
	Diarrhea	Sometimes	No	Sometimes	No

* Allergies, colds, and flu can trigger people with asthma, leading to shortness of breath.

If you need to see a Cooper doctor, in person or by a telehealth visit, call 800.8.COOPER (800.826.6737)

 **Cooper**
University Health Care