

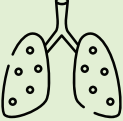




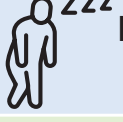






Symptom Guide

Is it COVID-19, cold, flu or allergies?

| Symptoms | Coronavirus* (COVID-19) Symptoms range from mild to sever | Cold Gradual onset of symptoms | Flu Abrupt onset of symptoms | Seasonal Allergies Abrupt onset of symptoms |
|--|---|-----------------------------------|---------------------------------|--|
|  Length of Symptoms | 7-25 days | Less than 14 days | 7-14 days | Several weeks |
|  Cough | Common (usually dry) | Common (mild) | Common (usually dry) | Rare (usually dry unless it triggers asthma) |
|  Shortness of breath | Sometimes | No** | No** | No** |
|  Sneezing | No | Common | No | Common |
|  Runny or stuffy nose | Rare | Common | Sometimes | Common |
|  Sore throat | Sometimes | Common | Sometimes | Sometimes |
|  Fever | Common | Short fever period | Common | No |
|  Feeling tired and weak | Sometimes | Sometimes | Common | Sometimes |
|  Headaches | Sometimes | Rare | Common | Sometimes (related to sinus pain) |
|  Body aches and pains | Sometimes | Common | Common | No |
|  Diarrhea, nausea, vomiting | Sometimes | Rare | Sometimes | No |
|  Loss of taste or smell | Sometimes | Rare | Rare | Rare |

*Information is still evolving. **Allergies, colds and flus can trigger asthma, which can lead to shortness of breath. COVID-19 is the only one associated with shortness of breath on its own. Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention.