

Stop the Spread of COVID-19



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.



WEAR A MASK or fabric face covering.



STAY AT LEAST 6 FEET APART.



STAY HOME IF YOU'RE SICK.

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

| Symptoms | Coronavirus ⁺ (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 | Sometimes | No** | No** | No** | Common |
| Chest tightness/pain | Sometimes | No** | No** | No** | Common |
| Rapid breathing | Sometimes | No** | No** | No** | Common |
| Sneezing | No | Common | No | Common | No*** |
| Runny or stuffy nose | Rare | Common | Sometimes | Common | No*** |
| Sore throat | Sometimes | Common | Sometimes | Sometimes (usually mild) | No*** |
| Fever | Common | Short fever period | Common | No | No |
| Feeling tired and weak | Sometimes | Sometimes | Common | Sometimes | Sometimes |
| Headaches | Sometimes | Rare | Common | Sometimes (related to sinus pain) | Rare |
| Body aches and pains | Sometimes | Common | Common | No | No |
| Diarrhea, nausea and vomiting | Sometimes | Rare | Sometimes | No | No |
| Chills | Sometimes | No | Sometimes | No | No |
| Loss of taste or smell | Sometimes | Rare | Rare | Rare | No |

Your symptoms may vary. *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 8/25/20 • aafa.org/covid19