



# Feeling sick? Don't panic!



It is easy to jump to conclusions about COVID-19 if you are feeling sick, but other conditions may cause similar symptoms. This chart can help you understand the difference between COVID-19, a cold, flu and allergies. **Track your symptoms in the “My symptoms” column to share with your doctor. Call your doctor if you think you have symptoms of COVID-19 or the flu, or if you have been around someone who has tested positive or has symptoms of either condition.**

	COVID-19	FLU	COLD	ALLERGIES	
<b>Incubation Period</b>	2-14 days (Average 5 days)	1-3 days	1-4 days	N/A	
<b>Symptom Onset</b>	Varies	Abrupt	Gradual	Varies	
					<b>MY SYMPTOMS</b>
<b>Fever/chills</b>	Common	Common	Sometimes	No	
<b>Cough</b>	Common (Usually dry)	Common (Usually dry)	Sometimes	Sometimes	
<b>Shortness of breath</b>	Common	Uncommon	Uncommon	Uncommon	
<b>Fatigue</b>	Common	Common	Sometimes	Sometimes	
<b>Weakness</b>	Common	Common	Sometimes	No	
<b>Aches and pain</b>	Common	Common	Sometimes	No	
<b>Headache</b>	Common	Common	Sometimes	Sometimes	
<b>Sore throat</b>	Common	Common	Common	Sometimes	
<b>Changes in taste or smell</b>	Common (New loss)	Sometimes	Sometimes	Sometimes	
<b>Stuffy nose</b>	Common	Common	Common	Common	
<b>Runny nose</b>	Common	Common	Common	Common	
<b>Sneezing</b>	Rare	Sometimes	Common	Common	
<b>Watery or red eyes</b>	Sometimes	Sometimes	Sometimes	Common	
<b>Nausea, vomiting or diarrhea</b>	Sometimes	Sometimes	Uncommon	Sometimes	

This chart is to be used as a guide only, not as a diagnostic tool. Sources: American College of Allergy, Asthma and Immunology; Centers for Disease Control and Prevention; Morbidity and Mortality Weekly Report

**Go to the emergency room immediately if you have symptoms such as trouble breathing, chest pain or pressure that won't go away,** or signs that you're not getting enough oxygen such as blue face, lips or finger nails, and confusion.



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