

What Do My Symptoms Mean?

CDC FAQ's in Identifying COVID-19, Influenza, Colds and Allergies

COVID-19	Influenza	Colds	Allergies
When do symptoms appear?			
2-14 days after exposure *may be asymptomatic	1-4 days after exposure	Not a specific time frame	Seasonal
What are the common symptoms I should look for?			
Fever or chills Cough Shortness of breath Difficulty breathing Fatigue Muscle or body aches Headache Sore throat Congestion or runny nose Nausea/vomiting/diarrhea New loss of taste or smell	Fever or chills Cough Fatigue Muscle or body aches Headache Sore throat Congestion or runny nose Nausea or vomiting Diarrhea	Cough Mild chest discomfort Mild fatigue Mild body aches Sore throat Congestion or runny nose Sneezing	Cough Shortness of breath Mild fatigue Headache Sore throat Congestion or runny nose Sneezing Watery eyes
Am I Contagious? For How Long?			
From 2 days before symptoms began until 10 days after symptoms began. Then must be fever free for 24 hours with decreasing symptoms.	From 1 day before symptoms began until fever free for 24 hours with decreasing symptoms. Approx. 7 days	During symptoms, generally 5-7 days	Not contagious
How Can I Avoid Getting Sick?			
Face mask, social distance, wash hands, clean frequently touched items	Face mask, social distance, wash hands, clean frequently touched items, annual flu shot	Face mask, social distance, wash hands, clean frequently touched items	Good handwashing Frequent cleaning
What Are My Treatment Options If I Am Sick?			
Over-the-counter medications, rest, fluids	Over-the-counter medications, rest, fluids, Tamiflu	Over-the-counter medications, rest, fluids	Over-the-counter and prescription medications
What Do I Do If I Have Been Exposed?			
Quarantine for 14 days if exposed to a positive person closer than 6 ft. for 15 min. per 24 hr. period	Take extra precautions	Take extra precautions	Avoid allergens