



# ALLERGIES, COLD, FLU OR COVID-19?

## Symptom checker and what to do.

If you're sick, you may wonder if it's allergies, a cold, the flu or COVID-19. In addition, with COVID-19, symptoms can range from no symptoms to severe symptoms and it can be challenging to know what to do. The chart below outlines how symptoms differ and what you might see with each condition, as well as recommendations for what to do in each situation.

This chart should not replace medical diagnosis. **If you're not seriously ill**, it is recommended to contact your medical provider first to determine if you should seek medical care, what to do if symptoms are not improving or to provide a medical excuse for work.

SYMPTOMS	ALLERGIES	COLD	FLU	COVID-19
Symptoms begin	Gradually	Gradually	Suddenly: 1 to 4 days after exposure	2 to 14 days after exposure; typically after 5 days.
Symptoms last	Throughout allergy season	4 to 10 days	5 to 7 days	Varies by person
Symptoms get worse with time			x	x
Body or muscle aches		Rare	x	x
Chills		Rare	x	x
Cough	x	Sometimes	x	x
Tiredness/ Weakness	Sometimes	Sometimes	x	x
Fever		Rare	x	x
Headache	x	Rare	x	x
Itchy or watery eyes	x			
Loss of taste or smell				x
Nausea/Vomiting Diarrhea			Sometimes	x
Runny nose	x	x	Sometimes	x
Stuffy nose	x	x	Sometimes	x
Sneezing	x	x	Sometimes	
Sore throat	x	x	Sometimes	x
Shortness of breath or difficulty breathing	Rare	Rare	Rare	x

### IF YOU HAVE THESE SYMPTOMS

	<ol style="list-style-type: none"> <li>If you have a known history of allergies, follow the action plan recommended by your medical provider.</li> <li>If you do not have a known history of allergies, consider an antihistamine such as Claritin, Zyrtec or Benadryl.</li> </ol> <p><i>If allergy symptoms do not improve with the above, contact your provider for medical advice.</i></p>	<ol style="list-style-type: none"> <li>Stay home.</li> <li>Contact your provider for medical advice.</li> </ol>	<ol style="list-style-type: none"> <li>Stay home.</li> <li>Contact your provider for medical advice.</li> </ol>	<ol style="list-style-type: none"> <li>Stay home.</li> <li>Distance from others in the house.</li> <li>Get tested for COVID-19.</li> <li>Continue to isolate and remain home until you are able to get tested and until you get your result.</li> </ol>
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x = symptom is typical for this illness.

# HOW TO GET TESTED FOR COVID-19

## *Make an Appointment through MyHSHS*

1. Go to [www.myhshs.org](http://www.myhshs.org).
2. Login or create a MyHSHS account by clicking “Sign Up Now”
3. From the Main Menu, click “COVID-19 Test/Vaccine.”

## WHEN TO SEEK EMERGENCY MEDICAL ATTENTION

If someone is ill with any of the following signs, seek emergency medical care immediately:

- Trouble breathing
- Bluish lips or face
- Chest pain
- Inability to walk or stay awake
- New confusion

This list is not all possible symptoms. Call your child’s medical provider for any other symptoms that are severe or concerning to you. Call 911 or call ahead to your local emergency facility to let the operator know if you are seeking care for someone who has or may have COVID-19.

For more resources about COVID-19 and other illnesses, visit [HSHSMG.org](http://HSHSMG.org) or [cdc.gov](http://cdc.gov).

