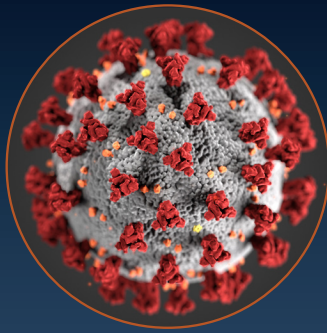





# Distinguishing the Difference: COVID-19 vs. Allergies vs. Flu

**Coronavirus:** A large family of viruses that cause illness ranging from the common cold to more severe respiratory diseases. The viruses are transmitted between animals and people.



**COVID-19:** A mutated version of the coronavirus – called novel. It was first detected in Wuhan, China in November 2019. On March 11, the World Health Organization declared COVID-19 a pandemic.

	COVID-19	ALLERGIES	FLU
<b>SPREAD AND SYMPTOMS</b>	 <ul style="list-style-type: none"> <li>• Spread person-to-person</li> <li>• Fever</li> <li>• Cough</li> <li>• Shortness of breath</li> </ul>	<ul style="list-style-type: none"> <li>• Not spread</li> <li>• Itchy, runny nose, sneezing, coughing</li> <li>• Itchy, watery eyes. Redness</li> <li>• Itchy, sensitive skin, rash or hives – swelling</li> <li>• Shortness of breath, cough, wheeze, chest tightness</li> </ul>	<ul style="list-style-type: none"> <li>• Spread person-to-person</li> <li>• Fever/chills</li> <li>• Cough, sore throat</li> <li>• Runny or stuffy nose</li> <li>• Muscle or body aches</li> <li>• Headaches</li> <li>• Fatigue</li> </ul>
<b>PREVENTION</b>	 <ul style="list-style-type: none"> <li>• Avoid exposure whenever possible</li> <li>• Wash your hands</li> <li>• Use hand sanitizer with at least 60% alcohol if needed</li> <li>• Avoid touching your eyes, nose and mouth</li> <li>• Avoid close contact with others</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid your allergy triggers</li> <li>• If you're not sure what your triggers are – ask about allergy testing</li> <li>• Medicate for allergies before pollen season or potential exposure</li> </ul>	<ul style="list-style-type: none"> <li>• Get the flu vaccine</li> <li>• Avoid close contact with others</li> <li>• Stay home when you are sick</li> <li>• Cover your nose &amp; mouth</li> <li>• Wash your hands</li> <li>• Avoid touching your eyes, nose &amp; mouth</li> </ul>
<b>TREATMENT</b>	 <ul style="list-style-type: none"> <li>• Call your doctor if you think you were exposed</li> <li>• Stay home except to get medical care</li> <li>• Stay away from others</li> <li>• Limit contact with pets</li> <li>• Call ahead before going to the doctor</li> <li>• Wear a facemask only if you are sick and around others</li> </ul>	<ul style="list-style-type: none"> <li>• Take prescribed or over-the-counter allergy medications</li> <li>• Antihistamines</li> <li>• Nasal sprays</li> <li>• Immunotherapy where prescribed</li> <li>• Allergy shots</li> <li>• Allergy tablets</li> <li>• Nasal wash/rinse</li> </ul>	<ul style="list-style-type: none"> <li>• Antiviral drugs may be an option</li> <li>• For people at high risk for complications</li> <li>• Lung conditions</li> <li>• Stay home and rest</li> <li>• Contact your doctor early if you're at high risk</li> <li>• Most people don't need to go to the emergency room</li> </ul>

## COVID-19 FAST FACTS (as of March 16, 2020)

**182,400+**  
cases worldwide

**7,150+**  
reported deaths

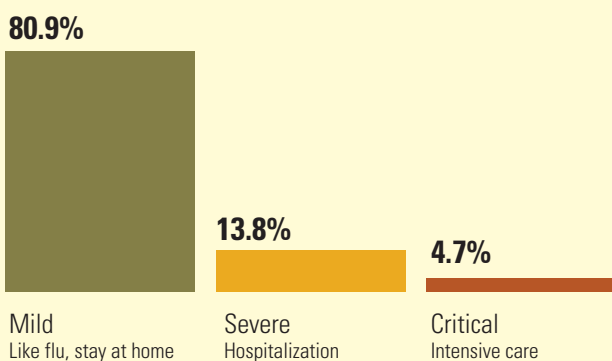
**148**  
countries impacted

**4,660+**  
cases in United States

Sources: Johns Hopkins University & Medicine; World Health Organization

### The Majority of Infections are Mild

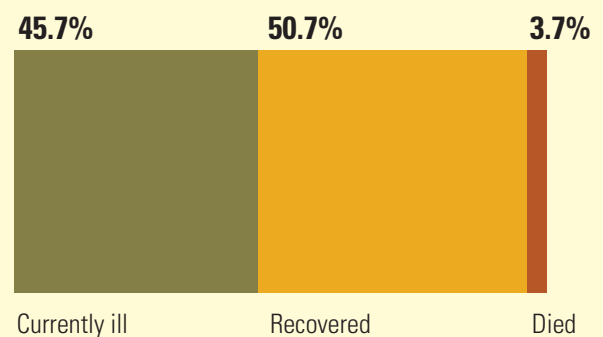
Seriousness of symptoms



study of 44,672 confirmed cases in Mainland China  
sources: China Center for Disease Control & prevention, Statista

### The Bulk of People Recover

Of total worldwide confirmed cases...

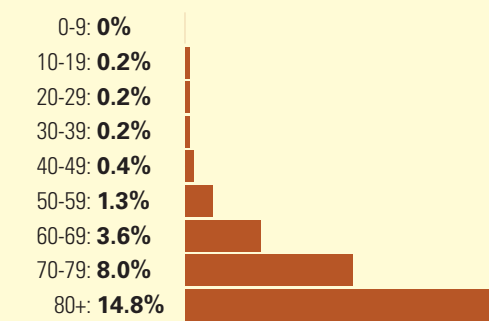


source: Johns Hopkins University

### At risk for severe complications

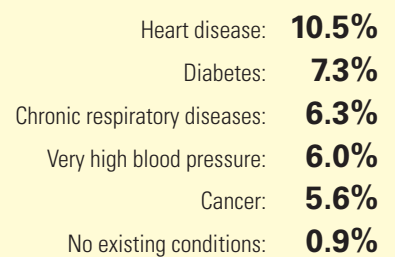
- People who are **60+ years of age**
- People who have serious chronic medical conditions:
  - **Heart disease**
  - **Diabetes**
  - **Lung diseases** (including asthma and COPD)

### % of people sorted by age who die from coronavirus\*



\* Data from first wave of infections in Wuhan, China

### % of people with serious chronic medical conditions who die\*



\* Data from first wave of infections in Wuhan, China

## What to do if you are sick?

- Call your doctor and discuss your symptoms and potential exposure. Your doctor will decide if you should be tested for coronavirus.
- Stay home and self-quarantine yourself. Separate yourself from other people in your home.
- Wear a facemask when around other people if instructed to do so by your doctor.
- Cover your cough and sneezes, or cough into your elbow.
- Wash your hands often.
- Follow evidence-based guidance from CDC and other credible sources.

