

# Know the Difference

COVID-19 vs. Flu vs. Allergies



TrustedMessengers.org

Nearly 1/2 of all COVID-19 deaths in the U.S. are among people of color. Allergy & Asthma Network's **Not One More Life** Trusted Messengers project aims to empower you with practical information and guidance so you can take charge of your health.

It's important to know how you can tell the difference between COVID-19 symptoms, the flu and seasonal allergies and what can put you at risk for COVID-19.

Reduce Your Risk:  
**Remember the 3 Ws**



**WASH**  
your hands frequently  
Use soap and warm water for 20 seconds



**WATCH**  
your distance  
Keep 6 feet apart & avoid large crowds



**WEAR**  
a mask over nose & mouth  
Prevent spread of COVID-19 & protect others

For **80%** of people, COVID-19 symptoms are mild, and feel like the flu. **So what's the difference?**

	COVID-19	FLU	ALLERGIES
Symptoms	<ul style="list-style-type: none"> <li>• Spread-person-to-person</li> <li>• Fever (100.4° F or higher)</li> <li>• Sore throat</li> <li>• Headache</li> <li>• Fatigue (tiredness)</li> <li>• Muscle or body aches (or chills)</li> <li>• Runny or stuffy nose</li> <li>• Cough</li> <li>• Shortness of breath or difficulty breathing</li> <li>• Nausea or vomiting</li> <li>• Diarrhea</li> <li>• Loss of taste &amp; smell</li> </ul>	<ul style="list-style-type: none"> <li>• Spread person-to-person</li> <li>• Fever</li> <li>• Sore throat</li> <li>• Headache</li> <li>• Fatigue (tiredness)</li> <li>• Muscle or body aches (or chills)</li> <li>• Runny nose or stuffy nose</li> <li>• Cough</li> <li>• Shortness of breath or difficulty breathing</li> </ul>	<ul style="list-style-type: none"> <li>• Not spread person-to-person</li> <li>• Itchy nose, sneezing</li> <li>• Itchy, watery eyes, redness</li> <li>• Itchy, sensitive skin, rash or hives- swelling</li> <li>• Wheeze, chest tightness</li> <li>• Runny or stuffy nose</li> <li>• Cough</li> <li>• Shortness of breath or difficulty breathing</li> </ul>
Prevention	<ul style="list-style-type: none"> <li>• Wear a mask over your nose &amp; mouth</li> <li>• Wash your hands frequently</li> <li>• Watch your distance: avoid close contact with others - keep six feet apart and avoid crowds</li> <li>• Avoid touching your eyes, nose &amp; mouth</li> <li>• Avoid exposure whenever possible</li> <li>• Use hand sanitizer with at least 60% alcohol, if needed</li> </ul>	<ul style="list-style-type: none"> <li>• Wash your hands frequently</li> <li>• Watch your distance: avoid close contact with others - keep six feet apart and avoid crowds</li> <li>• Avoid touching your eyes, nose &amp; mouth</li> <li>• Avoid exposure whenever possible</li> <li>• Get the flu vaccine</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 your doctor about allergy testing</li> <li>• Medicate for allergies before pollen season or potential exposure</li> </ul>
Treatment	<ul style="list-style-type: none"> <li>• Stay home and rest, except to get medical care</li> <li>• Call your doctor if you think you were exposed</li> <li>• Call ahead before going to the doctor</li> <li>• Request a COVID-19 test</li> <li>• Stay away from others</li> </ul>	<ul style="list-style-type: none"> <li>• Stay home and rest, except to get medical care</li> <li>• Contact your doctor early if you're at high risk</li> <li>• Antiviral drugs may be an option for people at high risk for complications and people with lung conditions</li> <li>• Most people don't need to go to the emergency room</li> </ul>	<ul style="list-style-type: none"> <li>• Take prescribed or over-the-counter allergy medications                             <ul style="list-style-type: none"> <li>- Antihistamines</li> <li>- Nasal sprays</li> <li>- Allergy shots</li> <li>- Allergy tablets</li> <li>- Nasal wash/rinse</li> </ul> </li> </ul>

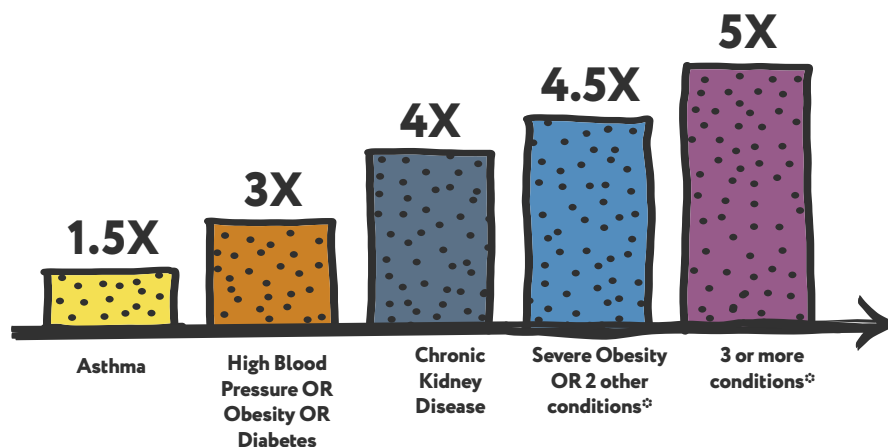
Trusted Messengers project presented by



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## Risk for Hospitalization

Compared to people without these conditions



The risk of being hospitalized increases for people with underlying \*conditions (including asthma, obesity, diabetes, chronic kidney disease, severe obesity, coronary artery disease, history of stroke and COPD). If you have any of these risk factors, please take extra precautions and make sure your healthcare provider knows about any underlying issues.

Source: Centers for Disease Control (CDC)

## Black Americans, Hispanics & Native Americans face higher COVID-19 risks, compared to White, Non-Hispanic persons

2.6X-2.8X → Higher risk of getting COVID-19

4.6X-5.3X → Higher risk of hospitalization

1.1X-2.1X → Higher risk of death

## What to do if you are sick with COVID-19:



Stay home and separate yourself from other people.



Wear a face mask when around other people.



Call your doctor.



Cover your coughs & sneezes, or cough into your elbow.



Wash your hands often.



Clean & disinfect high-touch surfaces daily.

Allergy & Asthma Network's **Not One More Life Trusted Messengers** project aims to address health inequities and increase access to important health information and screenings for those who are at greater risk from COVID-19. This project is made possible through funding from the global biopharmaceutical company Sanofi.