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.

**ALLERGIES**
- Lung diseases
- Diabetes
- People who have serious chronic medical conditions
- People 60+ years of age
- People who are at high risk for complications and people with serious chronic medical conditions who die

**FLU**
- Spreads person-to-person
- Fever
- Cough
- Shinesness of breath

**SPREAD AND SYMPTOMS**
- Not spread
- Itchy, runny nose, sneezing, coughing
- Itchy, watery eyes, redness
- Itchy, sensitive skin, rash in hives
- Swelling
- Shortness of breath, cough, wheeze, chest tightness

**PREVENTION**
- Avoid exposure whenever possible
- Wash your hands
- Use hand sanitizer with at least 60% alcohol if needed
- Avoid touching your eyes, nose and mouth
- Avoid close contact with others

**TREATMENT**
- Call your doctor if you think you were exposed
- Stay home except to get medical care
- Stay away from others
- Limit contact with pets
- Call ahead before going to the doctor
- Wear a facemask only if you are sick and around others

**WHAT TO DO IF YOU ARE SICK?**
- Call your doctor if you think you were exposed
- Stay home and self-quarantine
- Wash your hands
- Avoid touching your eyes, nose & mouth

**COVID-19 FAST FACTS**

<table>
<thead>
<tr>
<th>Cases worldwide</th>
<th>Countries impacted</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>549,600+</td>
<td>199</td>
<td>86,000+</td>
</tr>
</tbody>
</table>

| Source: Johns Hopkins University of Medicine; World Health Organization |

**The Majority of Infections are Mild**

<table>
<thead>
<tr>
<th>Severe</th>
<th>Critical</th>
<th>Death</th>
</tr>
</thead>
<tbody>
<tr>
<td>45.7%</td>
<td>50.7%</td>
<td>3.7%</td>
</tr>
</tbody>
</table>

| Source: Johns Hopkins University |

**The Bulk of People Recover**

<table>
<thead>
<tr>
<th>Currently ill</th>
<th>Recovered</th>
<th>Died</th>
</tr>
</thead>
<tbody>
<tr>
<td>80.9%</td>
<td>80.9%</td>
<td>3.7%</td>
</tr>
</tbody>
</table>

| Source: Johns Hopkins University |

**At risk for severe complications**

<table>
<thead>
<tr>
<th>People who are:</th>
</tr>
</thead>
</table>
| 60+ years of age
| People who have serious chronic medical conditions
| Heart disease
| Diabetes
| Lung diseases (including asthma and COPD) |

| Source of HHS/confirmed cases in Mainland China |

**COVID-19 vs. Allergies vs. Flu**

**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 sneeze, or cough into your elbow. |
| Wash your hands often. |

**Follow evidence-based guidance from CDC and other credible sources.**