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

**SPREAD AND SYMPTOMS**

### COVID-19
- Spread person-to-person
- Fever
- Cough
- Shortness of breath

### Allergies
- Not spread
- Itchy, runny nose, sneezing, coughing
- Itchy, watery eyes, redness
- Itchy, sensitive skin, rash, hives
- Swelling
- Shortness of breath, cough, wheeze, chest tightness

### Flu
- Spread person-to-person
- Fatigue/Sills
- Cough, sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue

**PREVENTION**

### COVID-19
- Avoid exposure whenever possible
- Wash your hands
- Use hand sanitizer with at least 60% alcohol if needed
- Avoid touching your nose, eyes and mouth
- Avoid close contact with others

### Allergies
- Avoid your allergy triggers
- Take prescribed or over-the-counter allergy medications

### Flu
- Get the flu vaccine
- Avoid close contact with others
- Stay home when you are sick
- Cover your nose & mouth
- Wash your hands
- Avoid touching your eyes, nose & mouth

**TREATMENT**

### COVID-19
- Call your doctor if you think you were exposed
- Stay home except for 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

### Allergies
- Immunotherapy where prescribed
- Nasal sprays
- Antihistamines
- Decongestants

### Flu
- Antiviral drugs may be an option for people at high risk for complications and people with lung conditions

**COVID-19 FAST FACTS** (as of April 2, 2020)

- Total of confirmed cases: 1.14 million
- United States: 220,000+
- United Kingdom: 68,300+
- China: 80,900+
- Italy: 48,300+
- Spain: 45,700+
- Germany: 40,400+
- Canada: 20,500+
- Brazil: 20,000+
- France: 19,000+

At risk for severe complications:
- People 60+ years of age
- People with serious chronic medical conditions
- Immunocompromised
- Diabetics
- Long-term care residents
- Pregnant women

% of people sorted by age who die from coronavirus:

- 80+: 13.8%
- 70-79: 7.3%
- 60-69: 4.7%
- 50-59: 1.3%
- 40-49: 0.9%
- 30-39: 0.2%
- 20-29: 0.2%
- 0-19: 0.0%

% of people with serious chronic medical conditions who die:
- Heart disease: 10.5%
- Diabetes: 7.3%
- Chronic respiratory disease: 6.3%
- Very high blood pressure: 6.0%
- Cancer: 5.6%
- Neurological conditions: 0.9%

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
- Clean your cough and sneeze, or cough into your elbow
- Wash your hands often
- Follow evidence-based guidance from CDC and other credible sources

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