

Allergies, Cold, Flu, or COVID-19?



SEASONAL ALLERGIES

Virus/Cause

Immune response to allergens; not contagious

Symptoms

Itchy/watery eyes, sneezing, stuffy/runny nose, sometimes a cough if asthmatic, no fever

Treatment

Over the counter allergy meds or meds prescribed by your doctor

Most at Risk

Those with severe allergic reactions, trouble breathing

Diagnosis

Sometimes requires a doctor's diagnosis



COMMON COLD

Rhinovirus
most common cause; contagious through human contact

Runny/stuffy nose, sneezing, cough, sore throat, rarely a fever

Over the counter meds

No one

Does not require a doctor's diagnosis



FLU

Influenza virus
contagious through human contact

Same as the common cold but with fever, chills, body aches, headache and fatigue

Over the counter meds and prescribed antivirals

Young kids, adults 65+, pregnant women, immunocompromised, those with underlying health conditions

Doctor can diagnose with a swab



COVID-19

Novel Coronavirus
contagious through human contact

Fever, cough, shortness of breath

Over the counter meds recommended by your doctor

Older adults 50+, immunocompromised, those with underlying health conditions

Doctor can diagnose with swab test
NOTE: Only testing those with severe symptoms

Pediatric questions about COVID-19?

Call our 24/7 hotline

1-800-743-3616



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