

# ***CORONAVIRUS, FLU, COLD, OR ALLERGIES?***

**DO YOU HAVE A FEVER?**

**YES**

Are you experiencing shortness of breath?

**YES**

You may have **CORONAVIRUS**

**NO**

You may have **the flu**

**NO**

Do you have itchy eyes?

**YES**

You may have **allergies**

**NO**

You may have **the common cold**

Sources CDC, NIH, and Allergy and Asthma Network

# ***OTHER SYMPTOMS***

## **COVID-19:**

- \*Spread person to person
- \*Fever
- \*Shortness of breath
- \*Cough
- \*Fatigue, Exhaustion
- \*Weakness

## **Flu:**

- \*Spread person to person
- \*Fever/chills
- \*Cough, sore throat
- \*Runny or stuffy nose
- \*Fatigue, Exhaustion
- \*Weakness, body aches
- \*Headaches

These are *COMMON SYMPTOMS*, which may vary from person to person. Only a doctor can give you a diagnosis.

# ***PREVENTION***

## COVID-19:

- \*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

# ***PREVENTION***

## Flu:

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

# ***TREATMENT***

## COVID-19:

- \*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 face mask only if you are sick and around others

# ***TREATMENT***

## Flu:

- \*Antiviral drugs may be an option for people at high risk for complications and people with lung conditions
- \*Stay home and rest
- \*Contact your doctor early if you're at high risk
- \*Most people don't need to go to the emergency room

# 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 the CDC and other credible sources.



# Community Health Partnerships

Indiana Clinical and Translational  
Sciences Institute

Thank you for your interest.

For any questions, and more information visit our website:

<https://indianactsi.org/community/initiatives/indiana-joint-asthma-coalition/>

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