

Distinguishing the Difference: Covid-19 vs Allergies vs Flu

From: Allergy & Asthma Network





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.

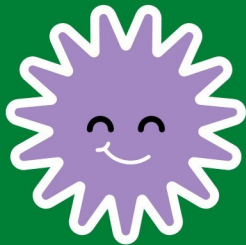


COVID-19:

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



COVID-19



COVID-19

Spread and Symptoms

- Spread person-to-person
- Fever
- Cough
- Shortness of breath

Prevention

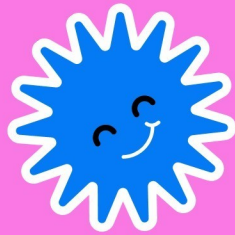
- Avoid exposure whenever possible
- Wash your hands
- Use hand sanitizer with at least 60% alcohol if needed
- Avoid touching your eyes, nose, and mouth
- Avoid close contact with others

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
- Wear a facemask only if you are around others



Allergies





Spread and Symptoms

- Not spread
- Itchy, runny nose, sneezing, coughing
- Itchy, watery eyes. Redness
- Itchy, sensitive skin, rash or hives - swelling
- Shortness of breath, cough, wheeze, chest tightness



Prevention

- Avoid your allergy triggers
- If you're not sure what your triggers are - ask about allergy testing
- Medicate for allergies before pollen season or potential exposure



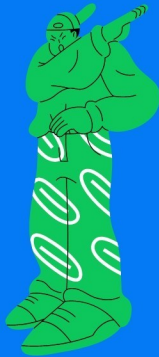
Allergies



Treatment

- Take prescribed or over-the-counter allergy medications
- Antihistamines
- Nasal wash/rinse
- Immunotherapy where prescribed
- Allergy Shots
- Allergy Tablets
- Nasal Sprays

Flu



Flu

Spread and Symptoms

- Spread person-to-person
- Fever/chills
- Cough, sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue

Prevention

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

Treatment

- 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

They will decide if you should be tested for coronavirus



Cover your cough and sneezes, or cough into your elbow



Stay home and self-quarantine

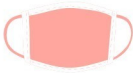
Separate yourself from other people in your home



Wash your hands often



Wear a facemask when around others



Follow evidence-based guidelines from CDC and other credible sources



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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