



Comparing Cold, Flu, Allergies & COVID-19

Prepared by the Northwest Portland Area Indian Health Board (NPAIHB)



Symptoms	Cold	Flu	Airborne Allergy	COVID-19
Fever	Rare	Usual, high (100–102 °F), sometimes higher, especially in young children); lasts 3–4 days	Never	Common
Headache	Uncommon	Common	Uncommon	Common
General Aches, Pains	Slight	Usual; often severe	Never	Common
Fatigue, Weakness	Sometimes	Usual, can last up to 3 weeks	Sometimes	Common
Extreme Exhaustion	Never	Usual, at the beginning of the illness	Never	Common
Stuffy, Runny Nose	Common	Sometimes	Common	Common
Sneezing	Usual	Sometimes	Usual	Rarely
Sore Throat	Common	Sometimes	Sometimes	Common
Cough	Common	Common, can become severe	Sometimes	Common, dry cough
Chest Discomfort	Mild to moderate	Common	Rare, except for those with allergic asthma	Common; can cause trouble breathing or persistent pain or pressure in the chest that calls for immediate emergency care
Loss of Taste or Smell	Rarely	Rarely	Rarely	Common



	Cold	Flu	Airborne Allergy	COVID-19
Treatment	<p>Get plenty of rest. Stay hydrated. (Drink plenty of fluids.) Decongestants. Aspirin (ages 18 and up), acetaminophen, or ibuprofen for aches and pains</p>	<p>Get plenty of rest. Stay hydrated. Aspirin (ages 18 and up), acetaminophen, or ibuprofen for aches, pains, and fever Antiviral medicines (see your doctor)</p>	<p>Avoid allergens (things that you're allergic to) Antihistamines Nasal steroids Decongestants</p>	<p>NIH has developed guidance on treatment of COVID-19, which is regularly updated. Consult with your medical provider on treatment options.</p>
Prevention	<p>Wash your hands often. Avoid close contact with anyone who has a cold.</p>	<p>Get the flu vaccine each year. Wash your hands often. Avoid close contact with anyone who has the flu.</p>	<p>Avoid allergens, such as pollen, house dust mites, mold, pet dander, cockroaches.</p>	<p>Get the COVID-19 vaccine, recommended for everyone age 5 and older. Wear a mask in indoor public places. Avoid crowds. Wash your hands often and avoid touching your eyes, nose, and mouth. Get tested if you think you might have COVID-19.</p>
Complications	<p>Sinus infection middle ear infection, asthma</p>	<p>Bronchitis, pneumonia; can be life-threatening</p>	<p>Sinus infection, middle ear infection, asthma</p>	<p>Pneumonia, respiratory failure, acute respiratory distress syndrome (fluid in lungs), sepsis, cardiac events (e.g., heart attack and stroke), multiple organ failure, inflammation of the heart, brain, or muscle tissue, death</p>

The only way to know way to know your illness is to get tested

It's always a good idea to isolate if you have a viral illness to protect the people around you

