

## Stop the Spread of COVID-19



**WASH YOUR HANDS**  
often with soap and water for 20 seconds.



**USE HAND SANITIZER**  
with at least 60% ethyl alcohol or 70% isopropyl alcohol when handwashing is not available.



**WEAR A MASK**  
or fabric face covering.



**STAY AT LEAST 6 FEET APART.**



**STAY HOME IF YOU'RE SICK.**

 **Asthma and Allergy Foundation of America**  
[aafa.org/covid19](http://aafa.org/covid19)

## IS IT COVID-19, THE FLU, A COLD OR ALLERGIES?

Symptoms	Coronavirus* (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms
 Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks
 Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)
 Shortness of breath	Sometimes	No**	No**	No**
 Sneezing	No	Common	No	Common
 Runny or stuffy nose	Rare	Common	Sometimes	Common
 Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)
 Fever	Common	Short fever period	Common	No
 Feeling tired and weak	Sometimes	Sometimes	Common	Sometimes
 Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)
 Body aches and pains	Sometimes	Common	Common	No
 Diarrhea	Sometimes	No	Sometimes for children	No
 Chills/repeated shaking	Sometimes	No	Sometimes	No
 Loss of taste or smell	Sometimes	Rare	Rare	Rare

\*Your symptoms may vary. \*\*Information is still evolving. \*Allergies, colds and flu can all trigger asthma, which can lead to shortness of breath. COVID-19 is the only one associated with shortness of breath on its own.

Source: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention, edited 4/29/20 - [aafa.org/covid19](http://aafa.org/covid19)