

# Is it allergies, a cold, the flu, or COVID-19?

Not feeling well? This chart shows common symptoms/signs of allergies, colds, the flu, and COVID-19. A checkmark means that symptom is common.

## IMPORTANT INFO:

- Symptoms can be different from person to person.
- You don't need to have every symptom listed below to have that illness.
- It is possible to have more than one of these illnesses at the same time.
- It's best to call or visit a health care provider if you feel sick.
- If you are sick, STAY HOME (except to seek medical care) to avoid spreading illness to others.
- Someone with COVID-19 may have no symptoms or very mild symptoms. If you are a close contact of someone with COVID-19, you should follow quarantine procedures. If you have COVID-19 symptoms and are a close contact of someone with COVID-19, you should get tested.

Symptoms & signs	Allergies	Cold	Flu	COVID-19
Body aches		sometimes	✓	✓
Chills			✓	✓
Dry cough	✓	✓	✓	✓
Fatigue	sometimes	sometimes	✓	✓
Fever		rare	✓	✓
Headache	sometimes	rare	✓	✓
Itchy eyes	✓			
New loss of taste/smell				✓
Nasal congestion/stuffy nose	✓	✓	sometimes	✓
Nausea/vomiting/diarrhea		sometimes	sometimes	✓
Runny nose	✓	✓	sometimes	✓
Sneezing	✓	✓	sometimes	
Sore throat	sometimes	✓	✓	✓
Shortness of breath	rare		sometimes	✓

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This sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. For more information contact your health care provider or visit the Centers for Disease Control and Prevention at [www.cdc.gov](http://www.cdc.gov).

