







## COVID-19: IDENTIFYING THE SYMPTOMS

SYMPTOMS	COVID-19	COLD	FLU	ALLERGIES*
	Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms	May be abrupt or gradual onset of symptoms
<b>Fever</b> 	Common	Rare	Common	No
<b>Cough</b> 	Common	Common	Common	Common (asthma)
<b>Sore Throat</b> 	Sometimes	Common	Sometimes	Sometimes (itchy throat and palate)
<b>Shortness of Breath</b> 	Sometimes	No	No	Common (asthma)
<b>Fatigue</b> 	Sometimes	Sometimes	Common	Sometimes
<b>Aches &amp; Pains</b> 	Sometimes	No	Common	No
<b>Headaches</b> 	Sometimes	Common	Common	Sometimes
<b>Runny or Stuffy Nose</b> 	Sometimes	Common	Sometimes	Common
<b>Diarrhoea</b> 	Rare	No	Sometimes, especially for children	No
<b>Sneezing</b> 	No	Common	No	Common

Adapted from material produced by WHO, Centers for Disease Control and Prevention and the American Academy of Allergy, Asthma and Immunology. \*Respiratory allergies include allergic rhinitis (hay fever), and allergic asthma. Other common symptoms of hay fever include itchy nose and itchy, watery eyes.

It is very difficult to distinguish between the symptoms of COVID-19, influenza and a cold. If you have any infectious or respiratory symptoms (such as a sore throat, headache, fever, shortness of breath, muscle aches, cough or runny nose) don't go to work. You need to self-isolate and to be assessed by a medical professional. You may need testing for COVID-19. You must not return to work until cleared by a medical professional. You need to ensure that the people you care for are protected and safe. People who have respiratory allergy symptoms such as allergic rhinitis (hay fever) and allergic asthma should stay home and get tested for COVID-19 at the onset of their symptoms and if they experience symptoms that are unexpected, seem different or worse than usual, or do not respond to their usual medication.