

Is it COVID-19 or something else?

	COVID-19	FLU	COLD	SEASONAL ALLERGIES
SYMPTOMS*				
Fever and chills	○○○	○○○	●	
Body aches	○○	○○○		
New loss of taste or smell	○○○			
Nausea, vomiting, diarrhea**	○○	○○		
Cough	○○○	○○○	○○	●
Shortness of breath/difficulty breathing	○○○	○○○		●
Fatigue	○○○	○○○	○○	○○
Headache	○○○	○○○	●	●
Sore throat	○○○	○○○	○○○	
Congestion or runny nose	○○○	○○○	○○○	○○○
Itchy or watery eyes				○○○
Sneezing				○○○
SPREAD				
Person-to-person via droplets formed when people with the illness cough, sneeze, or talk	○○○	○○○	○○○	
Touching a surface or object that has virus on it and then touching one's mouth, nose, or possibly eyes	○○○	○○○	○○○	
Airborne pollen				○○○
PREVENTION				
Vaccine		○○○		NOT APPLICABLE
Frequent handwashing, sanitizing common surfaces, social distancing, and wearing a cloth face covering	○○○	○○○	○○○	

*Up to 40% of those infected with COVID-19 do not show any symptoms at all.

**Nausea, vomiting, and diarrhea are more common in children than in adults.

SOURCES: [HTTPS://WWW.CDC.GOV/FLU/SYMPTOMS/FLU-VS-COVID19.HTM](https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm) | [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/NEED-EXTRA-PRECAUTIONS/PEOPLE-WITH-SEASONAL-ALLERGIES-FAQS.HTML](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-seasonal-allergies-faqs.html)



THIS TABLE IS INTENDED ONLY FOR INFORMATIONAL PURPOSES AND DOES NOT REPLACE THE GUIDANCE OF YOUR HEALTH CARE PROVIDER. CONTACT YOUR HEALTH CARE PROVIDER IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING YOUR SYMPTOMS OR HEALTH.



For current COVID-19 information:

<https://phc.amedd.army.mil/covid19>

<https://www.coronavirus.gov>

The Military Health System Nurse Advice Line is available 24/7:

Call 1-800-874-2273 option #1

or visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

For more information, contact your installation's Department of Public Health.



Public Health
Prevent. Promote. Protect.

Army Public Health

The Army COVID-19 Information Hotline:

1-800-984-8523

Overseas DSN 312-421-3700

Stateside DSN 421-3700