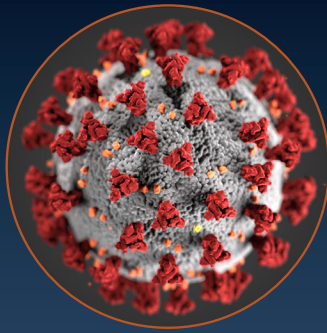





Distinguishing the Difference: COVID-19 vs. Allergies vs. Flu

Coronavirus: A large family of viruses that cause illness ranging from the common cold to more severe respiratory diseases. The viruses are transmitted between animals and people.



COVID-19: A mutated version of the coronavirus – called novel. It was first detected in Wuhan, China in November 2019. On March 11, the World Health Organization declared COVID-19 a pandemic.

	COVID-19	ALLERGIES	FLU
SPREAD AND SYMPTOMS	 <ul style="list-style-type: none"> • Spread person-to-person • Fever • Cough • Shortness of breath 	<ul style="list-style-type: none"> • Not spread • Itchy, runny nose, sneezing, coughing • Itchy, watery eyes. Redness • Itchy, sensitive skin, rash or hives – swelling • Shortness of breath, cough, wheeze, chest tightness 	<ul style="list-style-type: none"> • Spread person-to-person • Fever/chills • Cough, sore throat • Runny or stuffy nose • Muscle or body aches • Headaches • Fatigue
PREVENTION	 <ul style="list-style-type: none"> • Avoid exposure whenever possible • Wash your hands • Use hand sanitizer with at least 60% alcohol if needed • Avoid touching your eyes, nose and mouth • Avoid close contact with others 	<ul style="list-style-type: none"> • Avoid your allergy triggers • If you're not sure what your triggers are – ask about allergy testing • Medicate for allergies before pollen season or potential exposure 	<ul style="list-style-type: none"> • Get the flu vaccine • Avoid close contact with others • Stay home when you are sick • Cover your nose & mouth • Wash your hands • Avoid touching your eyes, nose & mouth
TREATMENT	 <ul style="list-style-type: none"> • Call your doctor if you think you were exposed • Stay home except to get medical care • Stay away from others • Limit contact with pets • Call ahead before going to the doctor • Wear a facemask only if you are sick and around others 	<ul style="list-style-type: none"> • Take prescribed or over-the-counter allergy medications • Antihistamines • Nasal sprays • Immunotherapy where prescribed • Allergy shots • Allergy tablets • Nasal wash/rinse 	<ul style="list-style-type: none"> • Antiviral drugs may be an option • For people at high risk for complications • Lung conditions • Stay home and rest • Contact your doctor early if you're at high risk • Most people don't need to go to the emergency room

COVID-19 FAST FACTS (as of March 16, 2020)

182,400+
cases worldwide

7,150+
reported deaths

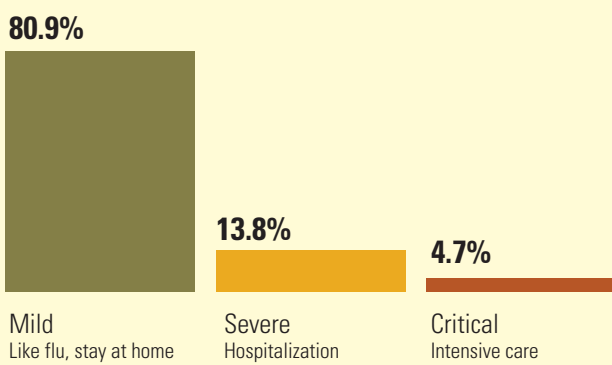
148
countries impacted

4,660+
cases in United States

Sources: Johns Hopkins University & Medicine; World Health Organization

The Majority of Infections are Mild

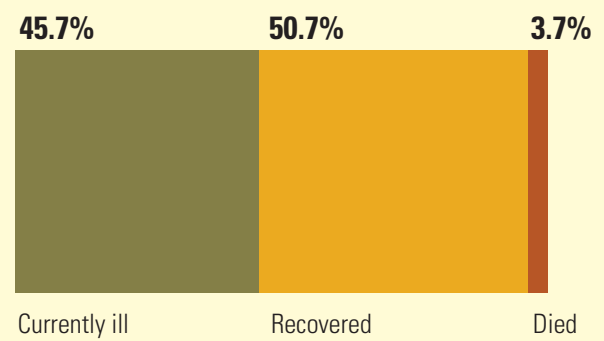
Seriousness of symptoms



study of 44,672 confirmed cases in Mainland China
sources: China Center for Disease Control & prevention, Statista

The Bulk of People Recover

Of total worldwide confirmed cases...

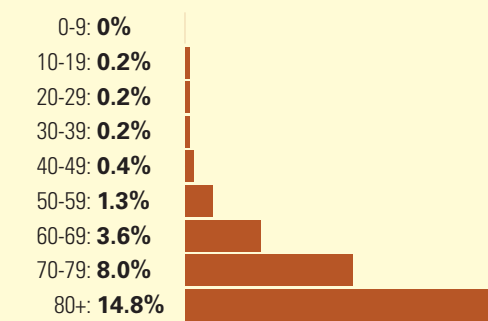


source: Johns Hopkins University

At risk for severe complications

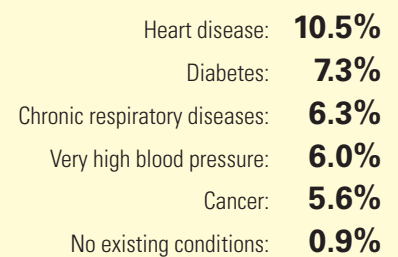
- People who are **60+ years of age**
- People who have serious chronic medical conditions:
 - **Heart disease**
 - **Diabetes**
 - **Lung diseases** (including asthma and COPD)

% of people sorted by age who die from coronavirus*



* Data from first wave of infections in Wuhan, China

% of people with serious chronic medical conditions who die*



* Data from first wave of infections in Wuhan, China

What to do if you are sick?

- Call your doctor and discuss your symptoms and potential exposure. Your doctor will decide if you should be tested for coronavirus.
- Stay home and self-quarantine yourself. Separate yourself from other people in your home.
- Wear a facemask when around other people if instructed to do so by your doctor.
- Cover your cough and sneezes, or cough into your elbow.
- Wash your hands often.
- Follow evidence-based guidance from CDC and other credible sources.

