ALLERGIES

• Lung diseases
• Diabetes
• People who have serious chronic medical conditions or who are 60+ years of age
• People who are at risk for severe complications due to immune system conditions
• People who have allergies

FLU

• Not spread
• Itchy, runny nose, sneezing, coughing
• Itchy, watery eyes, Redness
• Itchy, sensitive skin, rash or hives – swelling
• Shortness of breath, cough, wheez, chest tightness

PREVENTION

• Avoid exposure whenever possible
• Wash your hands with at least 60% alcohol if needed
• Avoid touching your eyes, nose and mouth
• Avoid close contact with others

TREATMENT

• 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

At risk for severe complications

• People who are 60+ years of age
• People who have serious chronic medical conditions
• Heart disease
• Diabetes
• Lung diseases

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.
• Clean your cough and sneeze, or cough into your elbow.
• Wash your hands often.
• Follow evidence-based guidance from CDC and other credible sources.


The Majority of Infections are Mild

Seriousness of symptoms

80.9% Mild
13.8% Severe
4.7% Critical

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

The Bulk of People Recover

Of total worldwide confirmed cases...

45.7% Currently ill
50.7% Recovered
3.7% Died

Sources: Johns Hopkins University & Medicine; World Health Organization

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COVID-19 vs. Allergies vs. Flu

Distinguishing the Difference:

Spread and Symptoms

• Spread person-to-person
• Fever
• Cough
• Shortness of breath

• Shortness of breath
• Cough
• Fatigue

Prevention

• Avoid exposure whenever possible
• Wash your hands often.
• Cover your cough and sneezes, or cough into your elbow.
• Wear a facemask when around other people if instructed to do so by your doctor.

• Get the flu vaccine
• Avoid close contact with others
• Stay home when you are sick
• Cover your nose & mouth
• Wash your hands

Treatment

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• Activational drugs may be an option for people at high risk for complications
• Long 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

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