

Our goal is your health: Is it COVID-19, a cold, or allergies ?

Symptoms of coronavirus can be very different from person to person - it is important to self-monitor and physically distance if you have any symptoms

Recognize the Typical Symptoms: Allergies, Colds, or COVID-19

Symptoms	Allergies "You feel like you always do this time of year."	Cold "You have had these symptoms before."	COVID-19 "You have never felt this bad with a cold or flu before."
Sneezing	✓		
Runny nose	✓ Usually with clear mucus	✓ Often with thicker, colored mucus	
Post nasal drip	✓		
Scratchy or sore throat	✓	✓	
Itchy/watery eyes	✓		
Fever		✓ <100.0 F	✓ >100.0 F
Cough	✓ Like you have had with allergies before	✓ Often produces mucus	✓ Severe
Headache			✓
Fatigue		✓	✓ Severe
Muscle/body aches		✓	✓
Shortness of breath			✓



If you develop shortness of breath different than what you might experience with a cold or the flu, contact your primary care provider immediately. If you cannot reach your provider, seek immediate treatment. If you are extremely short of breath, call 911.



Check your symptoms with the UNC Health Coronavirus Help assessment tool on the website [unchealth.org](https://www.unchealth.org) or call the UNC Health Coronavirus Helpline at 1-888-850-2684.