



Is It Allergies, Cold, Flu, COVID-19, or RSV?

😊😊😊 = OFTEN

😊😊 = SOMETIMES

😊 = RARELY

SYMPTOMS	 Allergies	 Cold	 Flu	 COVID-19	 RSV
Stuffy or Runny Nose	😊😊😊	😊😊😊	😊😊	😊😊	😊😊😊
Sneezing	😊😊😊	😊😊	😊😊	😊	😊
Wheezing	😊😊	😊😊	😊😊	😊	😊😊😊
Itchy Eyes	😊😊😊	😊	😊	😊	
Fever		😊😊	😊😊😊😊	😊😊	😊😊
Aches & Pains		😊😊	😊😊😊😊	😊😊	
Headache	😊	😊😊😊	😊😊	😊😊	
Cough	😊😊	😊😊😊	😊😊😊😊	😊😊😊😊	😊😊😊
Vomiting		😊	😊😊	😊😊	😊😊
Diarrhea		😊	😊	😊😊	😊😊
Loss of Taste or Smell				😊😊	
Shortness of Breath		😊	😊	😊😊	😊😊😊
Fatigue		😊	😊😊😊	😊😊	
Sore Throat		😊😊😊	😊😊😊	😊😊	
When Symptoms Start	Right after exposure to allergen	Gets worse over several days	Sudden start	Varies	Gets worse over several days
How Long it Lasts	Weeks to Months	3-14 days	10-14 days	10-14 days, but can last months (Long COVID)	2-3 weeks
When is it Contagious?	NOT Contagious	1-2 days before symptoms start, then 3-4 days	1 day before symptoms start, then 3-4 days	1-2 days before symptoms start, then 5-10 days	1-2 days before symptoms start, then 3-8 days

Sources: Nationwide Children's Hospital, nationwidechildrens.org & Free Icons, freeicons.io