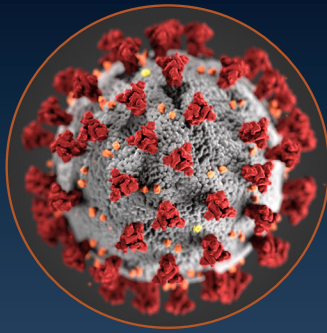





Distinguishing the Difference: COVID-19 vs. Allergies vs. Flu

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 and people with 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)

222,600+
cases worldwide

9,115+
reported deaths

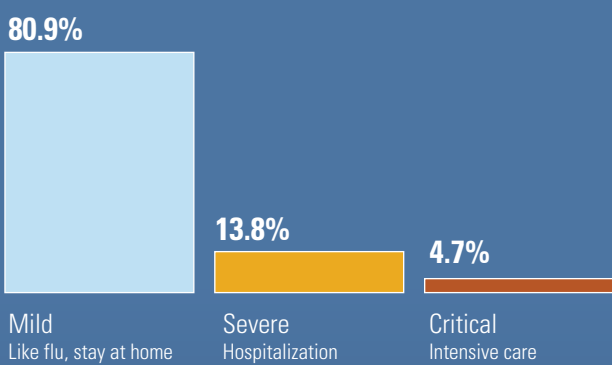
166
countries impacted

7,080+
cases in United States

Sources: Johns Hopkins University & Medicine; World Health Organization

The Majority of Infections are Mild

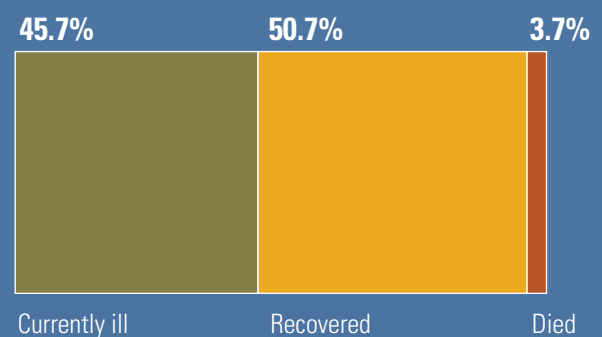
Seriousness of symptoms



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

The Bulk of People Recover

Of total worldwide confirmed cases...

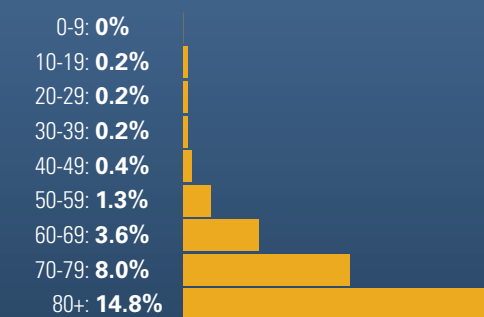


source: Johns Hopkins University

At risk for severe complications

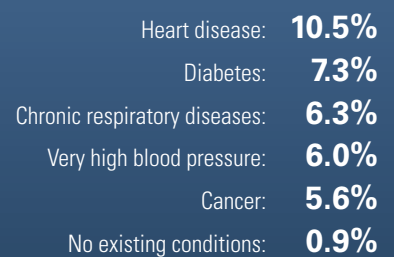
- People who are **60+ years of age**
- People who have serious chronic medical conditions:
 - Heart disease
 - Diabetes
 - Lung diseases (including asthma and COPD)

% 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.



CORONAVIRUS, FLU, COLD?

As the number of coronavirus cases rise, some key differences set coronavirus apart from the seasonal flu and the common cold — mainly the intensity of the symptoms and the recovery period. A guide at identifying the differences in the three conditions
All three, however, are spread by air-borne respiratory droplets and contaminated surfaces

CORONAVIRUS

Onset: Sudden

Symptoms

- Fever
- Dry cough
- Muscle ache
- Fatigue

Less common symptoms

- Headache
- Coughing up blood (haemoptysis)
- Diarrhoea

Incubation:
1-14 days,
may go up to 24 days

Complications:
5% cases

(acute pneumonia, respiratory failure, septic shock, multiple organ failure)

Recovery:
2 weeks

(mild cases); 2-6 weeks (severe cases)

Treatment or vaccine

No vaccines or anti-viral drugs available; only symptoms can be treated

SEASONAL FLU

Onset: Abrupt

Symptoms

- Fever
- Dry cough
- Muscle ache
- Fatigue
- Headache
- Sore throat
- Runny or stuffy nose

Less common symptoms

- Diarrhoea
- Vomiting

WHAT THIS MEANS

If you have a stuffy/runny nose or are sneezing, you likely **DO NOT** have coronavirus

Incubation:
1-4 days

Complications:
1% cases
(including pneumonia)

Recovery:
1 week
(mild cases);
2 weeks (severe cases)

Treatment/vaccine
An annual seasonal flu vaccine is available

COMMON COLD

Onset: Gradual

Symptoms

- Runny or stuffy nose
- Sneezing
- Sore throat

Less common symptoms

- Low grade fever
- Muscle or body ache
- Headache
- Fatigue

Incubation:
2-3 days

Complications:
Extremely rare

Recovery:
1 week
for most cases; may last as long as 10 days

Treatment/vaccine
No treatment, but doctors advise treating symptoms

SEVEN KINDS OF CORONA

Seven strains of coronavirus (CoV) that infect humans have been identified. These cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV)

Harmless

- Serotype 229E
- Serotype OC43
- Serotype NL63
- Serotype HUK1

These cause symptoms of the common cold, and rarely cause severe pneumonia

Dangerous

These are known to cause more severe disease. These are:

1. **Sars-CoV** which causes severe acute respiratory syndrome (Sars)
2. **Mers-CoV** was that causes Middle East respiratory syndrome (Mers)
3. **Sars-CoV2** that causes coronavirus disease (Covid-19)

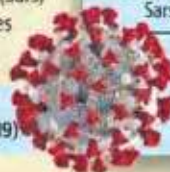
The unknowns of Sars-CoV2

Sars-CoV2 is closely related (with 88% identity) to two bat-derived Sars-like coronaviruses (bat-SL-CoV-ZC45 and bat-SL-CoVZXC21) collected in 2018 in Zhoushan, eastern China

It has 79% genetic affinity with Sars-CoV; 50% with Mers-CoV





The Sars-CoV2 receptor-binding domain structure, which allows a virus to latch on to and enter a cell, is similar to Sars-CoV, despite amino acid variation at some key residues. Little is known about **Sars-CoV2**, studies on Sars-CoV provide clues to its behaviour and ability to infect

On smooth surfaces such as tables, phones etc, Sars-CoV retains its viability for 5 days at 22-25°C and relative humidity of 40-50%, which is typical for air-conditioned rooms. Though this may vary for Sars-CoV2, experts say this is a good indicator for its behaviour



Allergies, Cold, Flu or COVID-19 Virus?

Here's how to tell the difference between allergy symptoms and the novel 2019 Coronavirus.

Symptoms	ALLERGIES	COLD	INFLUENZA	COVID-19
				
Symptoms begin	Gradually	Gradually	Abruptly	Within 14 days of exposure
Symptoms last	Allergy season	4 – 10 days	5 – 7 days	Varies by Person
Body aches	–	✓	✓	Sometimes
Chills	–	Less Common	✓	Sometimes
Dry cough	✓	✓	✓	✓
Exposure to germs	–	✓	✓	✓
Fatigue/Weakness	Sometimes	✓	✓	✓
Fever	–	Less Common	✓	✓
Headaches	✓	Less Common	✓	Sometimes
Itchy eyes	✓	–	–	–
Nasal Congestion	✓	✓	✓	Less Common
Nausea/Vomiting/Diarrhea	–	Sometimes	Sometimes	Sometimes
New loss of taste or smell	Sometimes	Sometimes	Sometimes	✓
Repeated shaking with chills	–	Sometimes	Sometimes	Sometimes
Runny nose	✓	✓	✓	Less Common
Sneeze	✓	✓	✓	Sometimes
Sore throat	Sometimes	✓	✓	Sometimes
Shortness of breath	Sometimes	Less Common	✓	✓
Symptoms get worse	–	–	✓	✓

Think You Have COVID-19?

Stay home and away from others • Monitor symptoms • Rest • Cover coughs and sneezes • Wash hands with soap and water often • Treat symptoms

Contact your doctor if you have a fever, cough, difficulty breathing or existing chronic disease.