














WHICH IS IT?

ALLERGIES, A COLD, THE FLU, STREP THROAT OR COVID?

SYMPTOMS?		ALLERGIES	COLD	FLU	STREP	COVID
BODY ACHES		NOT COMMON	SOMETIMES	SEVERE	SOMETIMES	SOMETIMES
COUGH		SOMETIMES	USUALLY	SEVERE	NOT COMMON	USUALLY
DIARRHEA/ NAUSEA/ VOMITING		NOT COMMON	NOT COMMON	SOMETIMES	SOMETIMES	SOMETIMES
EXTREME EXHAUSTION		NOT COMMON	NOT COMMON	SEVERE	NOT COMMON	SOMETIMES
FATIGUE, WEAKNESS		NOT COMMON	SOMETIMES	SEVERE	NOT COMMON	SOMETIMES
FEVER		NOT COMMON	NOT COMMON	USUALLY Temp of 100° - 102° can last 4-5 days	USUALLY	USUALLY Temp of 100°+
HEADACHE		SOMETIMES	NOT COMMON	SEVERE	SOMETIMES	SOMETIMES
ITCHY, RED OR WATERY EYES		SOMETIMES	SOMETIMES	NOT COMMON	NOT COMMON	NOT COMMON
RUNNY NOSE		USUALLY	USUALLY	SOMETIMES	NOT COMMON	SOMETIMES
SHORTNESS OF BREATH		SOMETIMES	NOT COMMON	SOMETIMES	NOT COMMON	SOMETIMES
SNEEZING		USUALLY	USUALLY	SOMETIMES	NOT COMMON	NOT COMMON
SORE THROAT		NOT COMMON	USUALLY	USUALLY	SEVERE	SOMETIMES
STUFFY NOSE		USUALLY	USUALLY	SOMETIMES	NOT COMMON	SOMETIMES
When should I call the doctor?		If symptoms are not well controlled with OTC medicine	If symptoms last longer than 14 days OR if you have breathing concerns OR if symptoms are worsening	If you are unable to drink OR if you have difficulty breathing OR if fever last more than 4 days OR if fever is not reduced with Tylenol or Motrin	Call if Strep is suspected to be tested	If you are unable to drink OR if you have difficulty breathing OR if fever lasts more than 4 days OR if fever is not reduced with Tylenol or Motrin

*OTC = OVER THE COUNTER MEDICINE (SUCH AS TYLENOL, MOTRIN, BENADRYL, CLARITIN)