COVID-19: A large family of viruses that cause illnesses ranging from the common cold to more severe respiratory diseases. The viruses are transmitted between animals and people.

COVID-19 vs. Allergies vs. Flu

**Distinguishing the Difference:**

**Coronavirus:** A family of viruses that cause illnesses ranging from the common cold to more severe respiratory diseases. The viruses are transmitted between animals and people.

**Allergies:**
- Lung diseases
- Diabetes
- People who have serious chronic medical conditions who are 60+ years of age
- People who are at high risk for complications

**Flu:**
- Not spread
- Bite, runny nose, sneezing, coughing
- Itchy, watery eyes. Redness
- Itchy, sensitive skin rash or hives
- Swelling
- Shortness of breath, cough, wheeze, chest tightness

**SPREAD AND SYMPTOMS**
- Spread person-to-person
- Fever
- Cough
- Shortness of breath
- Spread person-to-person
- Fever/chills
- Cough, sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue

**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
- Avoid touching your eyes, nose and mouth

**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 symptomatic
- Take prescribed or over-the-counter allergy medications
- Avoid your allergy triggers
- Medicate for allergies before pollen season or potential exposure
- Antiviral drugs may be an option
- Avoid close contact with others
- Get the flu vaccine
- Avoid touching your eyes, nose and mouth

**COVID-19 FAST FACTS**

<table>
<thead>
<tr>
<th>Cases worldwide</th>
<th>Reported deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>182,400+</td>
<td>7,150+</td>
</tr>
</tbody>
</table>

**As of March 16, 2020**

**The Majority of Infections are Mild**

<table>
<thead>
<tr>
<th>Seriousness of symptoms</th>
<th>Mild</th>
<th>Severe</th>
<th>Critical</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage</td>
<td>80.9%</td>
<td>13.8%</td>
<td>4.7%</td>
</tr>
</tbody>
</table>

**Sources:** Johns Hopkins University & Medicine; World Health Organization

**The Bulk of People Recover**

<table>
<thead>
<tr>
<th>Currently ill</th>
<th>Recovered</th>
<th>Died</th>
</tr>
</thead>
<tbody>
<tr>
<td>45.7%</td>
<td>50.7%</td>
<td>3.7%</td>
</tr>
</tbody>
</table>

**As of March 16, 2020**

**At risk for severe complications**

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

**% of people sorted by age who die from coronavirus**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>% of People Who Die</th>
<th>People Who Die</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-9</td>
<td>0.8%</td>
<td>170</td>
</tr>
<tr>
<td>10-19</td>
<td>1.0%</td>
<td>142</td>
</tr>
<tr>
<td>20-29</td>
<td>0.2%</td>
<td>58</td>
</tr>
<tr>
<td>30-39</td>
<td>0.2%</td>
<td>15</td>
</tr>
<tr>
<td>40-49</td>
<td>0.4%</td>
<td>33</td>
</tr>
<tr>
<td>50-59</td>
<td>1.3%</td>
<td>233</td>
</tr>
<tr>
<td>60-69</td>
<td>8.0%</td>
<td>794</td>
</tr>
<tr>
<td>70-79</td>
<td>14.8%</td>
<td>1,746</td>
</tr>
</tbody>
</table>

**% of people with serious chronic medical conditions who die**

<table>
<thead>
<tr>
<th>Condition</th>
<th>% of People Who Die</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart disease</td>
<td>10.5%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>7.3%</td>
</tr>
<tr>
<td>Chronic respiratory disease</td>
<td>6.3%</td>
</tr>
<tr>
<td>Very high blood pressure</td>
<td>6.0%</td>
</tr>
<tr>
<td>Cancer</td>
<td>5.6%</td>
</tr>
<tr>
<td>Non-existing conditions</td>
<td>0.9%</td>
</tr>
</tbody>
</table>

**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.

**COVID-19 vs. Allergies vs. Flu**

**How to tell the difference:**

- 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.