



CORONAVIRUS UPDATE

SEPTEMBER 2020

We are entering into cold and flu season, below are some guidelines from the CDC that might help distinguish between the Common Cold, Flu and COVID-19.

Please remember these are just guidelines, do not hesitate to seek medical attention if you are not feeling good, running a fever etc.

SIGNS AND SYMPTOMS	COMMON COLD	FLU (Influenza)	COVID-19 (Wuhan Coronavirus)
Fever	Mild	Often	Often
Fatigue, Tiredness	Occasional, mild	Common	Occasional
Sneezing	Common	Infrequent	Infrequent
Body Aches	Common	Common	Occasional
Headache	Very infrequent	Common	Occasional
Sore Throat	Common	Occasional	Occasional
Stuffy or Runny Nose	Common	Occasional	Infrequent
Diarrhea	No	Occasional	Infrequent
Watery eyes	Common	Common	Infrequent
Cough	Mild	Dry cough	A dry cough often severe
Shorness of Breath	No	Rare	With mild/moderate infection
Difficulty Breathing*	No	In severe infections	Common in severe infections*

*Needs oxygen or ventilator

Seek additional medical help if your symptoms worsen or red-flag symptoms develop.

- Difficulty breathing
- Chest pain
- Cold, clammy, or mottled/pale skin, blue lips or face
- New confusion or difficult to rouse
- Loss of smell and/or taste
- Little/no urine output
- Coughing up blood.

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Thanks,
Earline