



**VIRGINIA'S  
HEALTH  
IS IN OUR  
HANDS.**  
Do your part,  
stop the spread

# FEELING SICK?

## COMPARING SYMPTOMS OF RESPIRATORY ILLNESSES AND SEASONAL ALLERGIES



	ONSET OF SYMPTOMS	SEASONALITY	SYMPTOMS		
			Common <span>☹☹☹</span>	Sometimes <span>☹☹</span>	Rare <span>☹☹</span>
 <b>COVID-19</b>	<b>Gradual Onset</b>	COVID-19 spreads year-round but tends to be more common in fall and winter.	<ul style="list-style-type: none"> <li>▶ Fever</li> <li>▶ Chills</li> <li>▶ Cough</li> <li>▶ Loss of taste or smell</li> <li>▶ More severe fatigue</li> <li>▶ Headache</li> <li>▶ Aches</li> <li>▶ Sore throat</li> </ul>	<ul style="list-style-type: none"> <li>▶ Runny nose</li> <li>▶ Shortness of breath</li> <li>▶ Congestion</li> <li>▶ Nausea/vomiting /diarrhea</li> </ul>	<ul style="list-style-type: none"> <li>▶ Multisystem Inflammatory Syndrome in <b>Children</b> (MIS-C) or <b>Adults</b> (MIS-A)</li> </ul>
 <b>FLU</b> (Influenza)	<b>Quick Onset</b>	Flu typically spreads from October through May.	<ul style="list-style-type: none"> <li>▶ Fever</li> <li>▶ Dry cough</li> <li>▶ Headache</li> <li>▶ Fatigue</li> <li>▶ Aches and pains (can be severe)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Runny nose</li> <li>▶ Sore throat</li> <li>▶ Sneezing</li> <li>▶ Chest discomfort</li> </ul>	<ul style="list-style-type: none"> <li>▶ Nausea/ vomiting/ diarrhea (more common in children)</li> </ul>
 <b>RSV</b> (Respiratory Syncytial Virus)	<b>Gradual Onset</b>	RSV spreads most during fall, winter, and early spring.	<ul style="list-style-type: none"> <li>▶ Congestion</li> <li>▶ Runny nose</li> <li>▶ Coughing</li> <li>▶ Wheezing</li> <li>▶ Fever</li> <li>▶ Sneezing</li> </ul>	<ul style="list-style-type: none"> <li>▶ Shortness of breath/Difficulty breathing (more common in infants and children)</li> <li>▶ Decrease in appetite</li> </ul>	<ul style="list-style-type: none"> <li>▶ Sore throat</li> <li>▶ Fatigue</li> </ul>
 <b>STREP THROAT</b>	<b>Quick Onset</b>	Can spread year-round but is most common in winter.	<ul style="list-style-type: none"> <li>▶ Sore throat</li> <li>▶ Painful swallowing</li> <li>▶ Fever</li> <li>▶ Swollen lymph nodes</li> </ul>	<ul style="list-style-type: none"> <li>▶ Headache</li> <li>▶ Rash</li> <li>▶ Aches</li> <li>▶ Nausea/ vomiting (more common in children)</li> </ul>	
 <b>COMMON COLD</b>	<b>Gradual Onset</b>	Can spread year-round but is most common in fall and winter.	<ul style="list-style-type: none"> <li>▶ Runny nose</li> <li>▶ Sneezing</li> <li>▶ Mild headache</li> <li>▶ Sore throat</li> <li>▶ Aches and pains</li> <li>▶ Mild cough</li> </ul>	<ul style="list-style-type: none"> <li>▶ Fatigue</li> </ul>	<ul style="list-style-type: none"> <li>▶ Fever</li> </ul>
 <b>SEASONAL ALLERGIES</b>	<b>Quick Onset</b>	Depends on the allergen.	<ul style="list-style-type: none"> <li>▶ Stuffy/runny nose</li> <li>▶ Red, swollen eyes</li> <li>▶ Itchy eyes or nose</li> <li>▶ Sore throat</li> </ul>	<ul style="list-style-type: none"> <li>▶ Wheezing</li> <li>▶ Fatigue</li> <li>▶ Shortness of breath and cough (possible for those with asthma)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Fever</li> </ul>

- ▶ For more information visit: [vdh.virginia.gov/epidemiology/respiratory-diseases-in-virginia/](https://vdh.virginia.gov/epidemiology/respiratory-diseases-in-virginia/)
- ▶ If you feel sick, contact your healthcare provider for evaluation, testing, and possible treatment.
- ▶ **Call 911** and get immediate medical attention if you have any medical emergency.



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