



Common Illnesses or COVID-19?

Typical Symptoms

- **Allergies**

Symptoms: Sneezing; itchy, runny or blocked nose; sinus headache; a light cough

What to do: Consider using allergy medicine, close your house and consider using a household HEPA-filter device; if you have further concerns, consult with an allergist. If symptoms worsen, call your primary care provider or local urgent care facility.

- **Common Cold**

Symptoms: Runny or stuffy nose; fever under 100.4 degrees; generally not feeling well

What to do: Consider using over-the-counter cold medicine to treat the symptoms; wash your hands; don't touch your face; stay home and isolate yourself. If symptoms worsen, call your primary care provider or local urgent care facility.

- **Flu**

Symptoms: Fever of 100.4 or higher; cough; sore throat; headache; fatigue; muscle or body aches

What to do: If you have a care provider, call them and tell them your symptoms and follow their directions. If you do not have a care provider, call a clinic or urgent care, tell them your symptoms and follow their directions. They may ask you to come in to take a sample from your nose and throat. They may test you for the flu. Depending upon your exposure history, be prepared to answer:

- Have you traveled in the last 2 weeks and, if so, where?
- Have you been in contact with anyone who has been diagnosed with COVID-19?
- Do you feel you have the need for a hospital admission?

This may result in further testing. If symptoms worsen, call your primary care provider or local urgent care facility.

- **COVID-19**

Symptoms: Fever of 100.4 or higher; cough; shortness of breath; lower respiratory distress (below the neck)

What to do: If you have traveled outside the United States in the last two weeks or been in contact with anyone diagnosed with COVID-19, call your care provider or a clinic, discuss your symptoms and follow their directions. Symptoms appear 2-14 days after exposure.

For more information, visit the Oregon Health Authority at <https://govstatus.egov.com/OR-OHA-COVID-19>.