

# KNOW THE DIFFERENT SYMPTOMS

## COMMON COLD



Runny or stuffy nose



Sneezing



Sore throat



Mild to moderate chest discomfort



Body aches

Gradual onset of symptoms  
Incubation Period is 1 - 3 days  
Symptom Onset is 7 - 10 days

## COVID-19



Fever or chills



Cough



New loss of taste or smell



Shortness of breath



Diarrhea

Symptoms range from mild to severe  
Incubation Period is 2 - 14 days  
Symptom Onset is Gradual

NOTE: Some people may be able to spread COVID-19 without showing any symptoms.

## FLU



Fever or chills



Cough



Sore throat



Body aches



Fatigue



Headache

There is an abrupt onset of symptoms  
Incubation Period is 1 - 4 days  
Symptom Onset is 3 - 7 days  
Children sometimes present with diarrhea

## SEASONAL ALLERGIES



Runny or stuffy nose



Sneezing



Itchy, red, watery eyes



Cough

Allergies vary from person to person  
They tend to be seasonal, linked to specific pollens  
Allergies may be tied to many environmental factors  
While a person with allergies may sneeze and cough, they rarely have a fever. They often have red, watery eyes.

**As a note, if a student or a staff member has a cold or flu-like symptoms, they must be fever-free without fever reducing medication for 24 hours and have improving symptoms before returning to school.**