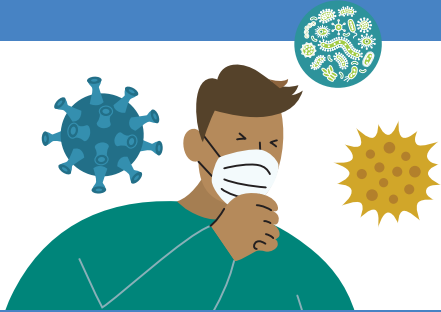


# COVID-19, cold or allergies?

## *Protection and prevention.*



### COVID-19

Symptoms may appear 2-14 days after exposure and can range from mild to severe.

### COLD

Symptoms last 7-10 days or less and are usually mild.

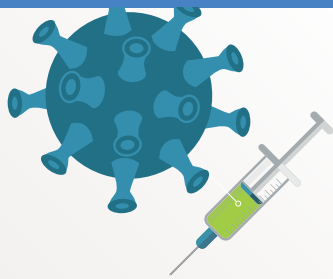
### ALLERGIES

Symptoms appear only in certain situations, last several weeks, and remain the same.

## Know the symptoms.

Fever, chills, body aches	X	Less common	
Cough	X	X	X
Shortness of breath or difficulty breathing	X		X
Chest discomfort	X	Mild	
Fatigue	X	X	X
Headache	X	X	X
Loss of taste or smell	X		
Sore throat	X	X	X
Congestion or runny nose	X	X	Clear, watery mucus
Nausea, vomiting, diarrhea	X		
Itchy eyes			X

## Take steps to stay well.



1.

Get vaccinated for COVID-19.



2.

Even after vaccination, cover your mouth and nose with a mask in public.



3.

Wash your hands often.



4.

Maintain distance between yourself and people who don't live in your household.

5.

If you have symptoms, get tested for COVID-19.

To find a COVID-19 testing location, visit:

<https://covid19.lacounty.gov/testing>  
[www.cityofpasadena.net/public-health](http://www.cityofpasadena.net/public-health)