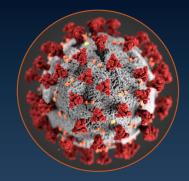


Distinguishing the Difference: COVID-19 vs. Allergies vs. Flu

Coronavirus: A large family of viruses that cause illness ranging from the common cold to more severe respiratory diseases. The viruses are transmitted between animals and people.



COVID-19: A mutated version of the coronavirus - called novel. It was first detected in Wuhan, China in November 2019. On March 11, the World Health Organization declared COVID-19 a pandemic.

COVID-19

ALLERGIES

FLU

SPREAD AND SYMPTOMS



- Spread person-to-person
- Fever
- Cough
- Shortness of breath
- Not spread
- · Itchy, runny nose, sneezing, coughing
- Itchy, watery eyes. Redness
- Itchy, sensitive skin, rash or hives swelling
- Shortness of breath, cough, wheeze, chest tightness
- Spread person-to-person
- Fever/chills
- Cough, sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue

PREVENTION



- Avoid exposure whenever possible
- Wash your hands
- Use hand sanitizer with at least 60% alcohol if needed
- Avoid touching your eyes, nose and
- Avoid close contact with others
- Avoid your allergy triggers
- If you're not sure what your triggers are - ask about allergy
- Medicate for allergies before pollen season or potential exposure
- Get the flu vaccine
- Avoid close contact with others
- Stay home when you are sick
- Cover your nose & mouth
- Wash your hands
- Avoid touching your eyes, nose &

TREATMENT



- Call your doctor if you think you were exposed
- Stay home except to get medical
- Stay away from others
- Limit contact with pets
- Call ahead before going to the
- Wear a facemask only if you are sick and around others
- · Take prescribed or over-the-counter allergy medications
- Antihistamines
- Nasal sprays
- Immunotherapy where prescribed
- Allergy shots
- Allergy tablets
- Nasal wash/rinse
- Antiviral drugs may be an option
- For people at high risk for complications
- Lung conditions
- Stay home and rest
- · Contact your doctor early if you're at high risk
- Most people don't need to go to the emergency room

COVID-19 FAST FACTS (as of March 16, 2020)

182,400+

cases worldwide

reported deaths

148

countries impacted

4,660+

cases in **United States**

Sources: Johns Hopkins University & Medicine; World Health Organization

The Majority of Infections are Mild

Seriousness of symptoms



13.8%

4.7%

Like flu, stay at home

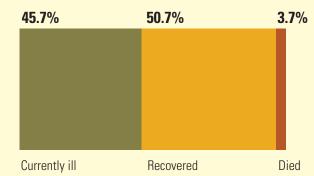
Severe

Hospitalization

Critical Intensive care

study of 44,672 confirmed cases in Mainland China sources:China Center for Disease Control & & prevention, Statista

The Bulk of People Recover Of total worldwide confirmed cases...



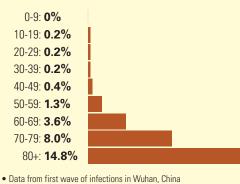
source: Johns Hopkins University

At risk for severe complications

- People who are 60+ years of age
- People who have serious chronic
 - medical conditions: Heart disease Diabetes

 - Lung diseases (including asthma and COPD)

% of people sorted by age who die from coronavirus*



% of people with serious chronic medical conditions who die*

Heart disease: 10.5%

7.3% Diabetes: 6.3% Chronic respiratory diseases: 6.0% Very high blood pressure:

> 5.6% Cancer: 0.9%

Data from first wave of infections in Wuhan, China

No existing conditions:

What to do if you are sick?

- Call your doctor and discuss your symptoms and potential exposure. Your doctor will decide if you should be tested for coronavirus.
- Stay home and self-quarantine yourself. Separate yourself from other people in your home. Wear a facemask when around other people if instructed to do so by your doctor.
- Cover your cough and sneezes, or cough into your elbow. • Wash your hands often.
- Follow evidence-based guidance from CDC and other credible sources.

