

How to know the difference?

In light of the global pandemic, it pays to know the difference in symptoms between allergies, a cold, the flu and Covid-19. The common cold, the flu and corona-virus are all three spread by airborne respiratory droplets and contaminated surfaces.



1 Allergy

Symptoms: ¹

- Nasal congestion
- Coughing
- Watery eyes
- Itchy eyes
- Post-nasal drip

- Runny nose
- Sore throat

- Sneezing



2 Cold

Symptoms: ²

- Nasal congestion
- Coughing
- Headache (Rare)
- Fever (Rare)

- Runny nose
- Sore throat
- Slight aches & pains
- Tiredness
- Sneezing

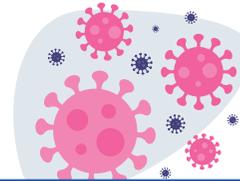


3 Flu

Symptoms: ²

- Congestion & headaches
- Cough & chest congestion
- Difficulty sleeping
- Loss of appetite
- Dizziness & vomiting
- Fever and chills

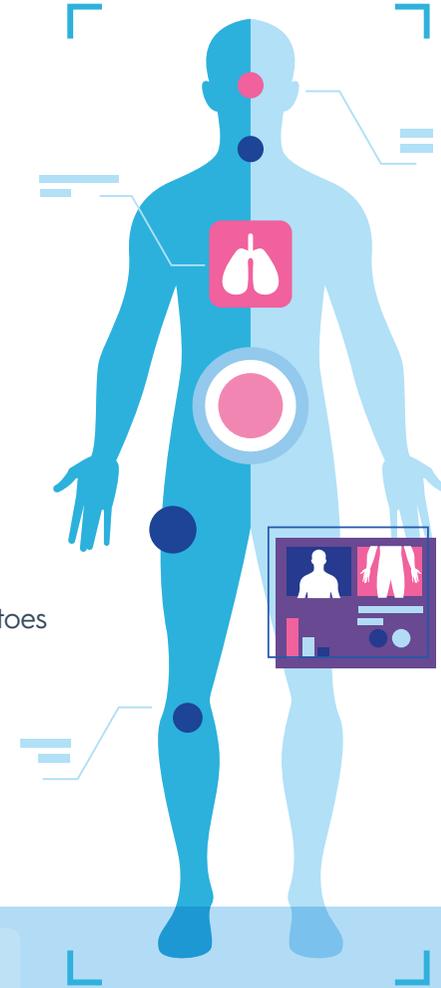
- Sore throat
- Aches & pains
- Fatigue & tiredness



4 Covid-19

Symptoms: ³

- Nasal congestion
- Dry cough
- Difficulty breathing
- Diarrhoea
- Loss of taste or smell
- Fever
- Rash on skin
- Discoloration of fingers or toes
- Runny nose
- Sore throat
- Aches & pains
- Tiredness
- Conjunctivitis



HOW TO STAY SAFE AND HEALTHY



- ✓ Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- ✓ Maintain at least 1 meter distance between yourself and anyone who is coughing or sneezing.
- ✓ Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.

- ✓ Avoid touching eyes, nose and mouth.
- ✓ Stay home if you feel unwell. Seek medical attention and call in advance if you have a fever, cough and difficulty breathing.
- ✓ Keep up to date on the latest cities or local areas where Covid-19 is spreading. If possible, avoid traveling to places.

COVID-19 Myth Busters⁴

There are a few myths about the coronavirus that everyone should know not to believe. Here are a few of them.

QUESTION

Can 5G mobile networks help spread the virus?

ANSWER

5G mobile networks DO NOT spread COVID-19. Viruses can not travel on radio waves. COVID-19 is spreading in many countries that do not have 5G mobile networks.

QUESTION

Can drinking alcohol protect you from COVID-19?

ANSWER

Drinking alcohol does not protect you against COVID-19 and can be dangerous

QUESTION

Can Ultra-violet (UV) lamps be used to disinfect hands and other areas if the body?

ANSWER

Ultra-violet (UV) lamps should not be used to disinfect hands or other areas of your skin. It can cause skin irritation and damage your eyes.

QUESTION

Does adding pepper to food or soup help prevent or cure COVID-19?

ANSWER

Except for being tasty, adding pepper to your soup or meals DOES NOT prevent or cure COVID-19.

QUESTION

Can houseflies spread the COVID-19 virus?

ANSWER

To date, there is no evidence or information to suggest that the COVID-19 virus is transmitted through houseflies.

QUESTION

Are there any specific medicines to prevent or treat the new coronavirus?

ANSWER

To date, there is no specific medicine recommended to prevent or treat the new coronavirus. Symptoms can only be treated supportively.



References:

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2. CDC. Flu Symptoms & Complications: Cold vs Flu. (2019). Available at: <https://www.cdc.gov/flu/symptoms/symptoms.htm>.
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4. WHO. Coronavirus disease (COVID-19) advice for the public: Myth busters. (2019). Available at: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>.