











# DO YOU HAVE AN INFECTION? ARE YOU WONDERING IF IT'S A REGULAR COLD, FLU, ALLERGIES OR PERHAPS COVID-19?

How do the symptoms differ? We're here to help!

|   | <b>COVID - 19</b><br>SYMPTOMS CAN RANGE<br>FROM MILD TO SEVERE | <b>COLD</b><br>SYMPTOMS GRADUALLY<br>WORSEN | <b>FLU</b><br>SYMPTOMS SUDDENLY<br>GET WORSE | <b>ALLERGIES</b>                    |
|---|--|---|--|-------------------------------------|
|  FEVER                                       | ✓  | ✓   | ✓  | -                                   |
|  FATIGUE                                     | ✓  | ✓   | ✓  | ✓                                   |
|  HEADACHE                                    | ✓  | ✓   | ✓  | ✓                                   |
|  MUSCLE ACHE                                 | ✓  | ✓   | ✓  | -                                   |
|  COUGH                                       | ✓ MOSTLY DRY   | ✓ MILD                                      | ✓ MOSTLY DRY                                 | ✓                                   |
|  RUNNING OR STUFFY NOSE                     | ✓  | ✓   | ✓  | ✓                                   |
|  SNEEZING                                  | -  | ✓   | -  | ✓                                   |
|  SORE THROAT                               | ✓  | ✓   | ✓  | ✓                                   |
|  DIARRHOEA                                 | ✓  | -   | ✓ MOST OFTEN IN CHILDREN                     | ✓                                   |
|  SHORTNESS OF BREATH /DIFFICULTY BREATHING | ✓  | -   | -  | ✓ MOST LIKELY IN ASTHMATIC PATIENTS |

OCURRENCE OF SYMPTOMS:  OFTEN  SOMETIMES  RARELY

Source: WHO, Centers for Disease Control and Prevention

If you are still unsure what's causing your symptoms  
contact an **INTERNIST** via a **TELEMEDIAL CONSULTATION**.

YOU CAN BOOK IT THROUGH:



If you experience increased symptoms of shortness of breath, chest pain and high fever, you should immediately inform the sanitary and epidemiological station or report to the emergency room of the nearest infectious diseases hospital, where further medical procedure will be determined.

Always protecting your health  
**#zdrowiejMYrazem**

