



ISSUED: 24 MARCH 2020

CORONAVIRUS
COVID-19

CHECK YOUR SYMPTOMS

**ALARMS: ELDERLY
RAPID PROGRESSION**

SYMPTOM	COVID-19*	COLD	FLU	ALLERGIES
 FEVER	HIGH (taken orally) $\geq 38^{\circ}\text{C}$	Rare	HIGH (taken orally) $\geq 37^{\circ}\text{C}$	No
 HEADACHE	Common	Rare	Common	Seldom
 BODY ACHES & PAINS	Very Common	Slight	Common, often severe	No
 FATIGUE, WEAKNESS	Common and severe	Slight	Common, often severe	Seldom
 EXTREME EXHAUSTION	Sometimes	Never	Common (starts early)	No
 STUFFY/ RUNNY NOSE	Rare	Common	Sometimes	Common
 SNEEZING	Rare	Common	Sometimes	Common
 SORE THROAT	Common	Common	Common	No
 COUGH	HIGH Rapidly progressive	Mild to moderate	Common, can become severe	Sometimes
 SHORTNESS OF BREATHE	HIGH Rapidly progressive	Rare	Rare	Common
 DIARRHEA	Seldom	No	Yes	No
 CHILLS	Yes	No	Yes	No
 ITCHY EYES	No	Sometimes	Seldom	Yes
VACCINE AVAILABLE	No	No	Yes	No

* TRAVEL HISTORY: Exposure to possible infected

Source: Clinical Management of suspected or confirmed Covid-19 diseases version 3: 27 March: National Institute for Communicable Diseases

For Counselling and Advice, please contact:

ONE SUN WELLNESS HELPLINE: 0860 111 322

(NATIONAL INSTITUTE FOR COMMUNICABLE DISEASES)

NICD HOTLINE: 0800 299 9999

www.yourlifeassist.co.za/sunint