














COMPARING SYMPTOMS: COVID-19 VS. OTHERS

Symptoms related to indoor conditions may be resolved by opening windows or going outdoors.
Symptoms related to COVID-19/flu/cold may require medical attention.

	Illnesses / Allergy ¹				Indoor Conditions at Home ²		
	COVID-19	Seasonal Flu	Cold	Allergies	High CO2 ("Stuffy" House)	Mold/ Dampness	VOCs ³ (Household Chemicals)
 Cough	●	●	●	●	●	●	●
 Fever	●	●	●	●	—	●	—
 Breathlessness	●	●	●	●	●	●	●
 Body Aches	●	●	●	—	●	●	—
 Headache	●	●	●	●	●	●	●
 Fatigue	●	●	●	●	●	●	●
 Sore Throat	●	●	●	—	—	●	●
 Diarrhea	●	●	—	—	—	—	—
 Runny Nose	●	●	●	●	—	●	●
 Sneezing	●	●	●	●	—	●	●
 Watery Eyes	—	●	●	●	—	●	●
 Dizziness	—	●	●	●	●	●	●
 Nausea	—	●	●	●	●	●	●

● **Frequently** ● **Sometimes** ● **Infrequent** ● **Rarely** — **Uncertain**

Note: All people are impacted differently. Chart is for illustrative purposes only and is not a substitute for a diagnosis by a qualified medical professional.

¹Illness / Allergy Sources: CDC, WHO, Mayo Clinic, Johns Hopkins University Center for Health Security

²Indoor Conditions Sources: CDC, EPA (VOCs), Hayward Score

³VOCs include household cleaners, deodorizers, sanitizers, and, personal care products