

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 air-borne 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

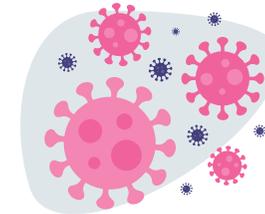
- Nasal congestion
- Coughing
- Headache
- Runny nose
- Aches & pains
- Tiredness
- Sneezing



3 Flu

Symptoms: ²

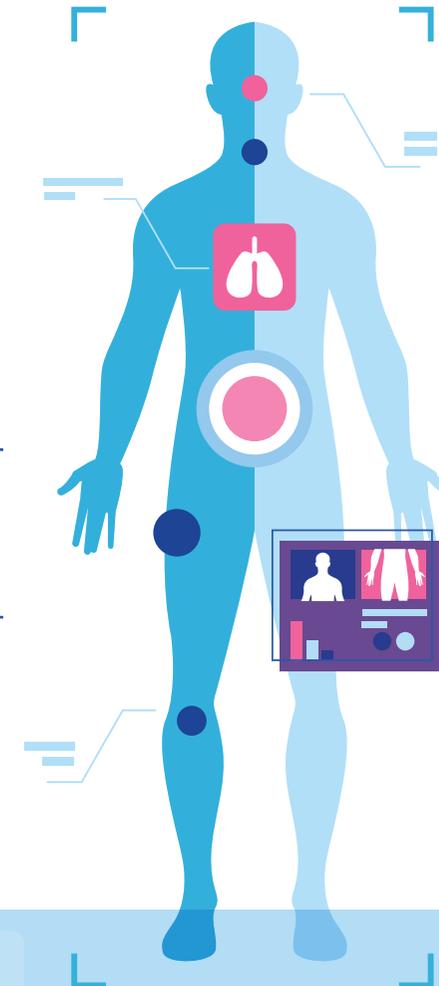
- Congestion & headaches
- Cough & chest congestion
- Difficulty sleeping
- Loss of appetite
- Dizziness & vomiting
- Sore throat
- Aches & pains
- Fatigue & tiredness



4 Covid-19

Symptoms: ³

- Nasal congestion
- Dry cough
- Difficulty breathing
- Diarrhoea
- Fever
- Runny nose
- Sore throat
- Aches & pains
- Tiredness



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.

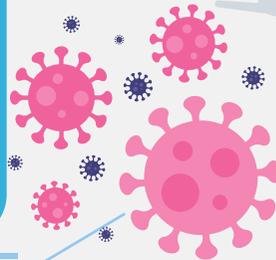
QUESTION

Can the coronavirus be transmitted through mosquito bites?

ANSWER

Coronavirus **CANNOT** be transmitted through mosquito bites.

COVID-19 CORONAVIRUS



ANSWER

No, spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth).

QUESTION

Can spraying alcohol or chlorine all over your body kill the new coronavirus?

QUESTION

Are hand dryers effective in killing the new coronavirus?

ANSWER

No, hand dryers are not effective in killing the 2019-nCoV.

QUESTION

Are antibiotics effective in preventing and treating the new coronavirus?

ANSWER

No, antibiotics do not work against viruses, only bacteria.

QUESTION

Can eating garlic help prevent infection with the new coronavirus?

ANSWER

There is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus.

References:

1. Mayo Clinic Staff. Allergies: Symptoms. (2018). Available at: <https://www.mayoclinic.org/diseases-conditions/allergies/symptoms-causes/syc-20351497>.
2. CDC. Flu Symptoms & Complications: Cold vs Flu. (2019). Available at: <https://www.cdc.gov/flu/symptoms/symptoms.htm>.
3. WHO. What are the symptoms of COVID-19? (2019). Available at: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>.
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>.