

# GOING VIRAL

## KNOW YOUR SYMPTOMS

	<b>Cold</b>	<b>COVID-19</b>	<b>Influenza (Flu)</b>	<b>Norovirus (Stomach Bug)</b>
<i>Incubation period</i>	1 – 3 days	2 – 14 days	1 – 4 days	12 hours – 2 days
<i>Symptom onset</i>	Gradual	Gradual	Abrupt	Abrupt
<i>Illness duration</i>	7 – 10 days	Undetermined	3 – 7 days	1 – 3 days
<b>Cough</b>	Sometimes	Often	Often	Never
<b>Fever</b>	Rarely	Often	Often	Sometimes
<b>Body ache</b>	Rarely	Often	Often	Sometimes
<b>Shortness of breath</b>	Rarely	Sometimes	Sometimes	Never
<b>Headache</b>	Sometimes	Sometimes	Often	Sometimes
<b>Fatigue</b>	Sometimes	Sometimes	Often	Sometimes
<b>Sore throat</b>	Sometimes	Sometimes	Sometimes	Never
<b>Loss of taste/smell</b>	Rarely	Sometimes	Rarely	Sometimes
<b>Diarrhea</b>	Never	Sometimes	Rarely	Often
<b>Chest pain/pressure</b>	Never	Rarely	Rarely	Never
<b>Runny nose</b>	Often	Sometimes	Sometimes	Never
<b>Sneezing</b>	Often	Rarely	Sometimes	Never

**Contact your medical provider for any worsening or severe symptoms.**

**For medical emergencies, such as difficulty breathing, call 911.**

Call Freeman Physician Finder Line (417.347.3797) to get connected with a primary care physician.



If you think you may have COVID-19, contact Freeman Health System's **COVID-19 Call Center** at **417.347.6444** to be screened over the phone.