

Allergies, Cold, Flu or COVID-19 Virus?

Here's how to tell the difference between allergy symptoms and the novel 2019 Coronavirus.

| Symptoms | ALLERGIES  | COLD  | INFLUENZA  | COVID-19  |
|------------------------------|---|--|---|--|
| Symptoms begin | Gradually | Gradually | Abruptly | Within 14 days of exposure |
| Symptoms last | Allergy season | 4 – 10 days | 5 – 7 days | Varies by Person |
| Body aches | – | ✓ | ✓ | Sometimes |
| Chills | – | Less Common | ✓ | Sometimes |
| Dry cough | ✓ | ✓ | ✓ | ✓ |
| Exposure to germs | – | ✓ | ✓ | ✓ |
| Fatigue/Weakness | Sometimes | ✓ | ✓ | ✓ |
| Fever | – | Less Common | ✓ | ✓ |
| Headaches | ✓ | Less Common | ✓ | Sometimes |
| Itchy eyes | ✓ | – | – | – |
| Nasal Congestion | ✓ | ✓ | ✓ | Less Common |
| Nausea/Vomiting/Diarrhea | – | Sometimes | Sometimes | Sometimes |
| New loss of taste or smell | Sometimes | Sometimes | Sometimes | ✓ |
| Repeated shaking with chills | – | Sometimes | Sometimes | Sometimes |
| Runny nose | ✓ | ✓ | ✓ | Less Common |
| Sneeze | ✓ | ✓ | ✓ | Sometimes |
| Sore throat | Sometimes | ✓ | ✓ | Sometimes |
| Shortness of breath | Sometimes | Less Common | ✓ | ✓ |
| Symptoms get worse | – | – | ✓ | ✓ |