




Is It Allergies, Cold, Flu or COVID-19?

	 Seasonal Allergies	 Cold	 Flu	 COVID-19
Symptoms				
Stuffy or runny nose	Often	Often	Sometimes	Sometimes
Sneezing	Often	Sometimes	Sometimes	Rarely
Wheezing	Sometimes	Sometimes	Sometimes	Rarely
Itchy eyes	Often	Rarely, never	Rarely, never	Rarely
Fever	Never	Sometimes	Often	Sometimes
Aches and pains	Never	Sometimes	Often	Sometimes
Headache	Rarely	Often	Sometimes	Sometimes
Cough	Sometimes	Often	Often	Often
Vomiting	Never	Rarely	Sometimes	Sometimes
Warning time	Symptoms occur after exposure to allergen	Gets worse over several days	Sudden onset	Variable
How long it lasts	Weeks to months	Usually 3-14 days	Usually 10-14 days	Usually 10-14 days
Diarrhea	Never	Rarely	Rarely	Sometimes
Loss of taste or smell	Never*	Never*	Never*	Rarely
Shortness of breath/difficulty breathing	Never	Rarely	Rarely	Sometimes
Fatigue	Never	Rarely	Often	Sometimes
Sore throat	Rarely	Often	Often	Sometimes

* Stuffy nose can temporarily alter smell and taste but these senses are not lost completely.