

## Comparing COVID-19 Symptoms to Those of a Cold or Allergies

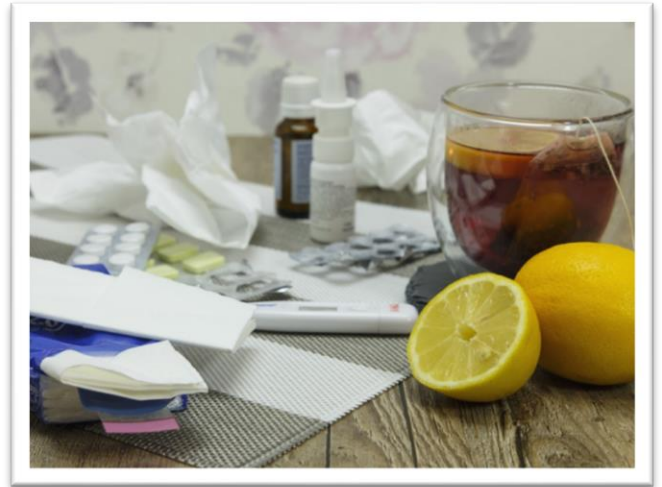
A cough, sinus headache or sore throat could be attributed to any number of causes, including a viral infection or allergies. If someone experiences any of these symptoms during this pandemic, it's understandable if their first thought is, "Do I have COVID-19?"

We're approaching the time of year when fall allergies, the flu and the common cold are widespread and often present symptoms that are similar to those of COVID-19.

The Asthma and Allergy Foundation of America published [this chart](#) which provides a quick view detailing the differences of the typical symptoms of COVID-19, allergies and the common cold which may help put your mind at ease the next time you get a sniffle. While some symptoms of COVID-19 overlap with allergies, there are several differences.

This information is not intended to diagnose illness. If you develop symptoms, have concerns or aren't feeling well, please contact your doctor or visit the [Wellness Center](#) site.

Wellness Center staff can also be reached by phone at 1-800-232-6600, ext. 5991 (West Trenton), ext. 2886 (Hammonton), or ext. 8056 (Parsippany).



Symptoms	Coronavirus <sup>†</sup> (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms	Asthma Gradual or abrupt onset of symptoms
 Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks	Can start quickly or last for hours or longer*
 Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)	Common (can be dry or wet/productive)
 Wheezing	No	No**	No**	No**	Common
 Shortness of breath	Sometimes	No**	No**	No**	Common
 Chest tightness/pain	Sometimes	No**	No**	No**	Common
 Rapid breathing	Sometimes	No**	No**	No**	Common
 Sneezing	No	Common	No	Common	No***
 Runny or stuffy nose	Rare	Common	Sometimes	Common	No***
 Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)	No***
 Fever	Common	Short fever period	Common	No	No
 Feeling tired and weak	Sometimes	Sometimes	Common	Sometimes	Sometimes
 Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)	Rare
 Body aches and pains	Sometimes	Common	Common	No	No
 Diarrhea, nausea and vomiting	Sometimes	Rare	Sometimes	No	No
 Chills	Sometimes	No	Sometimes	No	No
 Loss of taste or smell	Sometimes	Rare	Rare	Rare	No

Your symptoms may vary. <sup>†</sup>Information is still evolving. \*If your quick-relief medicine is not helping your asthma symptoms, or if you are in the Red Zone on your Asthma Action Plan, call your health care provider or seek medical attention immediately. \*\*Allergies, colds and flus can all trigger asthma which can lead to shortness of breath, chest tightness/pain and rapid breathing. COVID-19 is the only one associated with shortness of breath on its own. \*\*\*If you have allergic asthma, you may have symptoms of both asthma and allergies at the same time.

Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention. edited 7/15/20 • aafa.org/covid19

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