Allergies, Cold, Flu or COVID-19?

	Allergies	Common Cold	Flu	COVID-19
CAUSE	Toxins, pollens	Virus, through respiratory droplets and touching surfaces	Virus, through respiratory droplets and touching surfaces	Virus, through respiratory droplets and touching surfaces
DURATION	Days to months	10 to 14 days	10 to 14 days	10 to 21 days, with lingering symptoms
TIME OF YEAR	Any time of year, usually seasonal	Anytime, mostly in the winter	Typically November through April	Anytime
Symptoms				
COUGH	Sometimes	Common, sometimes hacking	Sometimes severe	Yes, usually dry
ACHES	No	Sometimes slight	Usually, often severe	Usually, often severe
FATIGUE, WEAKNESS	Rarely	Sometimes	Usually, often severe	Usually, often severe
FEVER, CHILLS	No	Rarely	Usually, often severe	Usually, often severe
ITCHY EYES AND NOSE	Common	No	No	No
SORE THROAT	Sometimes	Common	Uncommon	Common
RUNNY, STUFFY NOSE	Common, usually clear mucus	Common, usually yellow mucus	Uncommon	Common
SNEEZING	Usually	Sometimes	Uncommon	Uncommon
HEADACHE	Rarely	Uncommon	Common	Common
DIARRHEA	No	No	Sometimes for children	Sometimes
SHORTNESS OF BREATH	No	No	No	Sometimes
CHANGE IN OR LOSS OF TASTE AND SMELL	No	No	No	Sometimes
Prevention				
VACCINES	No, but consult with your physician about allergy relief options	No, but good hygiene and handwashing can limit exposure	Yes, a new one each year	Yes, the COVID-19 vaccines



The best way to prevent getting sick is practicing good hygiene. This includes frequent handwashing, disinfecting surfaces and covering coughs and sneezes.

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