

Cold, Flu, Allergies, or COVID-19?

- Cold
 - While you may feel miserable when you have a cold, the symptoms are generally mild compared to more aggressive viruses like the flu.
- Seasonal influenza (flu)
 - Generally comes on fast and furious. Affects your nose, throat, and lungs and can last from 5 to 7 days
- Seasonal allergies
 - Symptoms may come on fast, but tend to improve or worsen with the environment (location or weather)
 - Tend to be predictable
- COVID-19
 - Symptoms range from mild to severe and much is still unknown
 - See your doctor if you have been exposed to someone with COVID-19 and are experiencing symptoms

| Symptoms | Coronavirus* (COVID-19) Symptoms range from mild to severe | Cold Gradual onset of symptoms | Flu Abrupt onset of symptoms | Seasonal Allergies Abrupt onset of symptoms |
|--|--|-----------------------------------|---------------------------------|--|
|  Length of symptoms | 7-25 days | Less than 14 days | 7-14 days | Several weeks |
|  Cough | Common (usually dry) | Common (mild) | Common (usually dry) | Rare (usually dry unless it triggers asthma) |
|  Shortness of breath | Sometimes | No** | No** | No** |
|  Sneezing | No | Common | No | Common |
|  Runny or stuffy nose | Rare | Common | Sometimes | Common |
|  Sore throat | Sometimes | Common | Sometimes | Sometimes (usually mild) |
|  Fever | Common | Short fever period | Common | No |
|  Feeling tired and weak | Sometimes | Sometimes | Common | Sometimes |
|  Headaches | Sometimes | Rare | Common | Sometimes (related to sinus pain) |
|  Body aches and pains | Sometimes | Common | Common | No |
|  Diarrhea | Sometimes | No | Sometimes for children | No |

*Information is still evolving. **Allergies, colds and flus can all trigger asthma, which can lead to shortness of breath. COVID-19 is the only one associated with shortness of breath on its own. Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention. edited 3/27/20 • [aafa.org/covid19](https://community.aafa.org/covid19)