

Is it COVID-19, ALLERGIES, or the FLU?

The flu season is here. A frequently asked question is how do I know if I have the flu? Or is it COVID-19 or just allergies. Below is comparison of the symptoms of COVID-19, allergies and the flu. If you are still worried and your symptoms are not getting better, please see your doctor. There are also free COVID testing sites available. <https://covid19.tularecounty.ca.gov/covid-19-testing-sites/>

Symptoms	COVID-19	Seasonal Allergies	Flu
Fever/Chills	common	rare	common
Shortness of Breath	common	never (unless person has respiratory condition triggered by allergies such as asthma)	rare (unless in presence of severe illness)
Loss of Taste and/or Smell	common	rare	rare
Sneezing	rare	common	sometimes
Cough	common	common	common
Body Aches (severe)	common	rare	common
Stuffy Nose	common	common	sometimes
Sore Throat	common	common	sometimes
Nausea/Vomiting	sometimes	never	sometimes
Diarrhea	common	never	sometimes
Headache	common	common	common
Itchy Watery Eyes	rare	common	never
Fatigue/Weakness	common	rare	common

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Resources:

CDC "What is the difference between COVID-19 and seasonal allergies?" Aug. 12 2020

CDC Influenza (Flu) "Flu Symptoms and complications" Aug. 31 2020