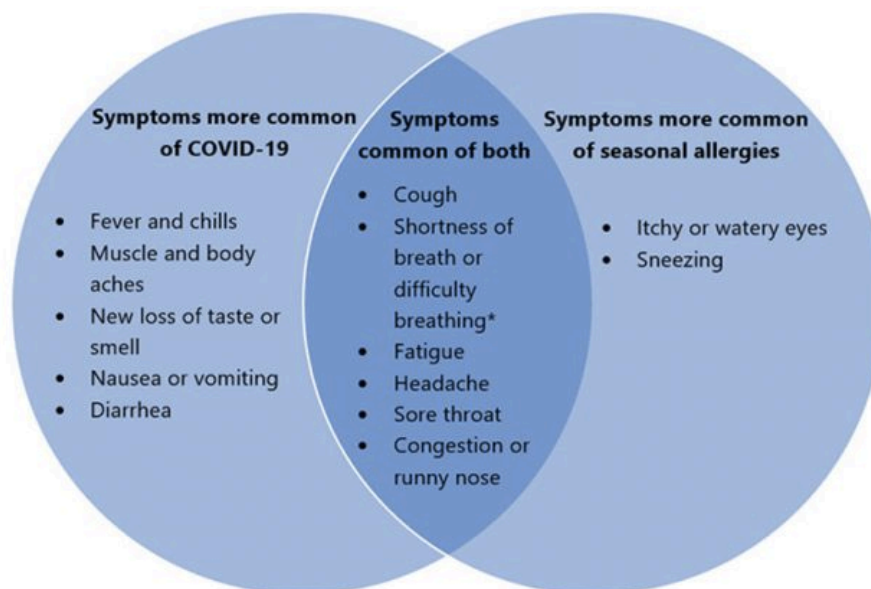


## What are the differences between allergy symptoms and COVID-19 symptoms?

- COVID-19 is a contagious respiratory illness caused by infection with the coronavirus (called SARS-CoV-2).
- Seasonal allergies triggered by airborne pollen or mold can lead to *seasonal allergic rhinitis*, affecting nose and sinuses, and *seasonal allergic conjunctivitis*, affecting eyes.
- COVID-19 and seasonal allergies share many symptoms, but there are some key differences between the two, for example, COVID-19 can cause fever, which is not a common symptom of seasonal allergies.

This image below compares symptoms caused by allergies and COVID-19.



\*Seasonal allergies do not usually cause shortness of breath or difficulty breathing, unless a person also has a respiratory condition such as asthma that can be triggered by exposure to pollen.

Because some of the symptoms of COVID-19 and seasonal allergies are similar, it may be difficult to tell the difference between them, and you may need to get a test to confirm your diagnosis. You can have symptoms of both COVID-19 and seasonal allergies at the same time.

If you think you have COVID-19, contact your primary care physician who may be able to offer virus testing or direct you to a facility where testing is available. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.

Modified from the CDC website, updated 8/12/20